



City of Renton Community Services Department
Nationally Accredited
Commission for Accreditation of Park and Recreation Agencies

What's Happening...
Autumn 2007

425.430.6700
rentonwa.gov

Community News

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Welcome Aboard



The Community Services Department would like to welcome Donna Eken, Recreation Specialist overseeing Youth Sports. Donna grew up in Bellevue and attended Western Washington University where she earned a degree in Recreation with a minor in Sports Psychology. Donna enjoys volleyball, softball, the outdoors and spending time with her dog, Barkley.

We are pleased to have Donna join the Recreation Division. If you have questions or comments about Youth Sports, please call Donna at 425.430.6715 or email deken@ci.renton.wa.us.

Community News



The Curve

Check out THE CURVE – the hot, new, must-see Renton television show. Part Alton Brown, part John Curley, all ahead-of-the-curve story telling. That's The Curve!

The Curve airs on Renton's Channel 21 on Mondays, Wednesdays, and Fridays at 2:00am, 1:00pm, 5:00pm and 10:00pm and Tuesdays and Thursdays at 12:00am, 8:00am, 3:00pm and 11:00pm and Saturdays and Sundays at 4:00am, 10:00am, 3:00pm and 7:00pm.

The Curve dramatically shows why Renton is the center of opportunity and is the right choice for businesses and families alike.

The Curve is proudly sponsored by the Renton Community Marketing Campaign, a partnership between the City of Renton, the Renton School District, Renton Technical College, Valley Medical Center, and Renton Chamber of Commerce. The Curve is produced by Hamilton/Saunderson.

For more information on Renton's Marketing Campaign or why Renton is the right choice for your business or family, call the Department of Economic Development, Neighborhoods & Strategic Planning at 425.430.6580.

Remember, stay ahead of the curve.



Are You Ready?

September is National Preparedness Month. Take a few minutes and learn how to prepare your household for a variety of natural and human-caused emergencies. Call 425.430.7027 or visit rentonwa.gov.

"Map Your Neighborhood" Facility Training

Wednesday, September 26 - 6:30-8:30pm
Renton Community Center

This training will prepare you to lead a two hour discussion with your neighbors on how to be personally prepared in an emergency. Together you will take inventory of the special needs and emergency resources that you have in your own neighborhood. Neighbors helping neighbors can make the difference in how well your community weathers the disaster. A free facilitator kit is provided to those who organize a neighborhood event following this training. For more information, visit http://www.emd.wa.gov/myn/myn_intro.shtml. To register call 425.430.6700 and register for #43080.

Free

Communities In Schools of Renton

Helping Kids Succeed
www.ci.renton.wa.us/cisr

Helping Kids Prepare for Life

Since 1994, Communities In Schools of Renton has been bringing resources and families together to keep children in school and help them lead productive lives. If you are interested in learning how you can make a difference for youth in Renton, please contact **Susan Richards, Executive Director**, at 425.430.6656.

Make a difference in just one hour a week!

Mentors provide Renton school children with encouragement, guidance, and friendship. A mentor serves as a mature and experienced role model and friend who supports and encourages success. Participants meet for one hour each week during the school day. They play games, sports, do arts & crafts, or just talk. To learn more, about this exciting opportunity contact **Erin Iverson** at 425.430.6659. Together, we can make a difference in the life of a child.

School Supplies Needed

Help kids come to school ready to achieve. Communities In Schools of Renton accepts donations of new pens, pencils, folders, notebooks, markers, coats, clothing, and other items for distribution to children in the Renton community. If you have items to donate, contact **Susan Richards** at 425.430.6656.



**Be excited about
your child's interests!**

Special Events



Grateful for Grandparents!

Friday, September 14

Celebrate Grandparents' Day at the Renton Community Center from 6:30 to 8:00pm. Enjoy entertainment, a dessert bar and take home a special keepsake to remember this event. Emmy award winner, Tim Noah, presents a captivating musical experience to delight audiences of all ages. With his award winning original songs, engaging stage theatrics, effervescent energy, rousing sing-a-longs, and get-up-on-your-feet-and-dance tunes, Tim demonstrates that magic is believing, dares his audience to dream and invites and encourages participation from the opening downbeat to the final chord. **Cost is \$6. Class #42822.**

Soccer ^{Free} Challenge

Thursday, October 4

Ages 4 to 12. Held at **Ron Regis Park**, this competition is open to all boys and girls. Competition includes ball throw-in, distance kick, goal shooting, and ball dribbling. Contestants will compete within their own age division (based on participant's age as of December 31, 2007). **Pre-registration is required. Class #43173.**

Ages 4 to 6	6:00pm
Ages 7 to 8	6:30pm
Ages 9 to 10	7:00pm
Ages 11 to 12	7:30pm

Renton Senior Activity Center Holiday Craft Bazaar

Saturday, October 27

Handmade crafts by Renton area adults 50 and over will be on sale from 10:00am to 4:00pm. Registration for tables begins September 1. **Call the Renton Senior Activity Center at 425.430.6633 for information.**



Hassle Free Holiday Bazaar

**Friday, November 16 and
Saturday, November 17**

November 16 & 17 - Shoppers, make Renton Community Center your first stop for those special holiday buys. Over 100 vendors will be on hand to present a wide variety of hand crafted items just in time for your holiday decorating. Friday, shop from 11:00am to 6:00pm and Saturday, shop from 9:00am to 5:00pm. Food and refreshments will also be available.

**Call Shirley Anderson at 425.430.6700
for information.**

Special Events

Piazza Renton 6th Annual Harvest Festival Saturday, October 6

Enjoy a variety of booths including produce and flower vendors, arts and crafts vendors, and Master Gardeners at the Piazza (South 3rd Street and Burnett Ave. South) from 10:00am - 4:00pm. Food vendors will be on site and there will be music to delight and entertain you. View and vote for the Best Scarecrow. Pumpkin decorating activities are provided at the Kids' booth. Piazza's Fall Harvest Festival is sponsored by Piazza Renton, the City of Renton and coordinated in conjunction with the Greater Renton Chamber of Commerce Business Expo held in the Spirit of Washington Event Center. For information, visit www.piazzarenton.com or call Meri at 425.228.1977 or Linda at 206.772.4010.

"Boo Carnival" Saturday, October 27

Children, ages 2 to 8, with parent/guardian, can join us from 10:00am to 12:30pm at the Renton Community Center for a spirited time. Crafts, games, and inflatables (sponsored by Stoneway Concrete) will be on hand to amuse and delight young minds. Carnival pass for all activities is \$6. Concessions also available for purchase. Don't forget your camera!



Special Thanks to
Stoneway,
our co-sponsor!



Canine Candy Cane 5K Fun Run & Walk

December 2 - This run/walk will start at 9:00am at the Renton Community Center and travel along the Cedar River Trail before looping back to the Community Center. Competitive runners, fun runners, walkers, junior athletes, families (with or without dogs) are all invited to be part of the Canine Candy Cane Fun Run & Walk. Free, after-race pictures with Santa will also be available. Pre-registration is **\$20** (includes t-shirt). Race day registration is **\$25** (no t-shirt guaranteed). Registration must be postmarked by November 24. **Pet Food Drive:** Bring a can of pet food to be donated to the Renton Food Bank to help the pets of those in need. Class #43174.

Special thanks to
our co-sponsors



Holiday Happenings



Free Clam Lights Friday, November 30

Start your holiday season off with an evening of entertainment, holiday spirit, and stunning visual effects. A fun event for young and old alike. Co-sponsored by Ivar's Inc., and the City of Renton, this event draws thousands of spectators each year.

6:30pm - Entertainment

7:15pm - Official "Clam Lights" Lighting - Don't miss the 14th Annual Clam Lights event at Coulon Beach Park. What started as a small lighting display has now expanded to an event that draws thousands of people each season with its wondrous array of lighting. The magic begins when the main switch is thrown to transform Gene Coulon Beach Memorial Beach Park into a winter wonderland. Marvel at the lighting on the buildings, trees, shrubbery, and walkways. See Clam Lights nightly through January 1.

7:30pm - "Parade of Boats" - Welcome the arrival of the Rainier Yacht Club's lighted boat parade. Each boat is decked out in the spirit of the season, and will surely be a thrill for all.

Free Holiday Tree Lighting Saturday, December 1

Kick off the holiday season in style at the Piazza (South 3rd Street and Burnett Ave. South) from 5:00-7:00pm with this wonderful downtown Renton community event. Evening program features a line-up of local musicians and singers, a visit from Santa, children's gifts, and free refreshments. Be there for all the fun, and remember your camera for Santa photos! Event sponsored by Piazza Renton and supported by the City of Renton. For information, visit www.piazzarenton.com or call Pat at 425.917.0173 or Meri at 425.228.1977.

Free Argosy Christmas Ship Monday, December 3

Featuring entertainment by a local northwest choir, the Christmas Ship will be just off the shores of Gene Coulon Memorial Beach Park from 6:00-6:20pm. The ship's annual visit draws an audience of thousands and is sure to put you in the holiday spirit.

Breakfast with Santa Saturday, December 8

Children ages 2 to 12 are invited to a special Saturday breakfast with Santa. Parents, grandparents, and kids can enjoy a fabulous breakfast and wonderful entertainment. Children must be accompanied by an adult. The breakfast and program are prepared with the help of Renton Senior Activity Center volunteers. Two seatings, **9:00am and 12:00pm**, are available. Advance tickets are required and go on sale Wednesday, November 1. Cost is \$6 per person. **Call the Renton Senior Activity Center at 425.430.6633.**



**Ask other caring adults
to spend time with
your child.**

Places to Play



Join us at your neighborhood park for Fall Fun 2007. Recreation staff will keep kids moving with a daily line-up of active games and creative projects. This free, drop-in program is sponsored by the City of Renton.

Kennydale Park
2428 Aberdeen Avenue NE

Kiwanis Park
700 Union Avenue NE

Philip Arnold Park
720 Jones Avenue South

Teasdale Park
601 South 23rd

Tiffany Park
1902 Lake Youngs Way SE

Hours are Monday - Thursday, 4:00pm to 7:00pm, and are subject to change without notice. **Program begins September 4 and ends October 25.**



**Let your kids
be kids!**

Highlands Neighborhood Center

800 Edmonds Avenue NE

Closed September 3, November 12, 22 & 23, and December 24 & 25.
Subject to change without notice.

Operating Hours

Monday - Friday	3:00pm - 9:00pm
Saturday	11:00am - 5:00pm

Club Highlands

Ages 6 & up. Membership to Club Highlands is free. The membership card provides staff with contact information, allows members access to free drop-in activities, and helps promote ownership in the neighborhood center. Ask staff for a registration form. Club Highlands members are invited to join the following activities:

Monday	Imagination Games	4:00-5:00pm
Tuesday	Arena Sports	4:00-5:00pm
Wednesday	Teen Basketball	5:00-7:00pm
Thursday	Kids Create Art Club	3:30-4:30pm
Friday	Kids' Night	6:00-7:00pm

North Highlands Neighborhood Center

3000 NE 16th

Closed September 3, November 12, 22 & 23, and December 24 & 25.
Subject to change without notice.

Operating Hours

Monday - Friday	2:30pm - 8:30pm
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Club North Highlands

Ages 6 & up. Membership to Club North Highlands is free. The membership card provides staff with contact information, allows members access to free drop-in activities, and helps promote ownership in the neighborhood center. Ask staff for a registration form. Club North Highlands members are invited to join the following activities:

Monday	Indoor Soccer	3:00-5:00pm
Tuesday	Arts & Crafts	3:00-5:00pm
Wednesday	Group Games	3:00-5:00pm
Thursday	Tournament Time	3:00-5:00pm
Friday	Movie of the Week (PG or G)	3:00-5:00pm

Discover Renton Parks!

Your Renton Parks are the place to be for fall family fun! Local park features include play structures, ballfields, outdoor basketball courts, picnic tables, and lots of open space! Take advantage of one of our City's finest resources and discover your parks today!

Rental Information

The Renton Highlands and North Highlands Neighborhood Centers welcome your interest in renting our facilities and are available during non-programmed hours on a quarterly basis. The use must be consistent with the intended use of the facility and comply with Parks Commission Rules and Regulations. After-hours rentals are contingent upon the availability of staff. No long-term rentals are available.

For more information, call 425.430.6700.

Preschool Programs

Note to Parents/Guardians:

- Parents/guardians should accompany children to and from class.
- Please be prompt for pick-up as children get anxious.
- Some classes are designed as a Parent & Me program, others are not. To help eliminate interruptions, parents and non-registered children are asked to refrain from entering the teaching area during class.
- Many of our instructors will ask for parent helpers to assist in the classroom. Please check with your instructor the first day of class.



Preschool Science

Wiggly Worms

Ages 3 to 6. Preschoolers will relish the opportunity to get their hands dirty while learning all about worms. They will work with magnifying glasses to get an up close look at the lives and habits of worms. **Held at Highlands Neighborhood Center.**

#43143 T 10/2
10:00-10:45am \$15R/\$18NR

Eye to Eye

Ages 3 to 6. This workshop will introduce students to their sense of sight. They will experiment with magnifying glasses, kaleidoscopes and binoculars and will also interact with a variety of optical illusions to illustrate that your eyes can sometimes play tricks on you. **Held at Highlands Neighborhood Center.**

#43144 T 11/6
10:00-10:45am \$15R/\$18NR

Listen Closely

Ages 3 to 6. Students will be introduced to the science behind the sounds all around us and will experiment with a wave motion model and a twirling tube to help them understand that sound travels in waves and can be heard in a variety of pitches. They will also have the opportunity to learn about the everyday materials that make a variety of special effects noises in the movies and will watch and hear a bee buzz above their heads. **Held at Highlands Neighborhood Center.**

#43145 T 12/4
10:00-10:45am \$15R/\$18NR

Terrific Tots Playground

Ages 10 months to 3 years. Discover the possibilities at our indoor playground. Energy-filled kids will delight in the opportunity to run, jump, climb and explore. Parents provide the supervision while kids fuel their imaginations with oodles of toys and space. Don't miss this chance to play, play, play. Register for one or both days. **No class November 15 and 22.**

#43107 T 9/11-12/11
9:30-11:00am Staff \$28R/\$34NR
#43108 Th 9/13-12/13
9:30-11:00am Staff \$24R/\$29NR

My Own Masterpiece

Ages 2 to 3. Parents, you and your child will create a masterpiece of memories together. Each week those little hands will explore paint, glitter, glue, stamping and other exciting crafting materials. Don't miss the fun. Dress for a mess and make some new friends. Each session is themed. Supply fee of \$5 paid to instructor. **No class November 22.**

#43374 Th 9/20-10/25
#43375 Th 11/8-12/20
10:00-10:45am Schlecht \$40R/\$48NR
#43376 Th 9/20-10/25
#43377 Th 11/8-12/20
11:00-11:45am Schlecht \$40R/\$48NR

Alphabet Soup

Ages 3 to 5. Learning the ABC's has become an adventure. Through stories and craft projects, we'll move through the alphabet. Each week we will learn a new letter or two and complete a few art projects along the way. We finish up the day with a snack beginning with one of the letters of the week and our favorite alphabet song! Signing-up for both session will complete the entire alphabet! Supply fee of \$6 paid to instructor. **No class November 12.**

#43111 M 9/17-10/15
#43112 M 10/29-12/3
10:00-11:00am Staff \$30R/\$36NR

Saturday Series ^{New}

Ages 3 to 5. Forget those Saturday morning cartoons and join us for some kid fun! Listen to a story, create wonderful crafts and enjoy a snack with all the friends you have made in class. Sign up for one or try them all. Supply fee of \$3 per class paid to instructor.

Awesome Autumn

#43138 S 9/22
10:00-11:30am Spencer \$12R/\$14NR

Trick or Treat

#43139 S 10/13
10:00-11:30am Payseno \$12R/\$14NR

Hats Off to Thanksgiving

#43140 S 11/10
10:00-11:30am Payseno \$12R/\$14NR

Holiday Hoopla

#43141 S 12/15
10:00-11:30am Spencer \$12R/\$14NR

Ceramic Keepsakes

Ages 6 months & up. Join ceramic artist, Erin Ball to create a one-of-a-kind keepsake using your child's handprints along with a personalized message. Projects are listed below. Each project requires a 20-minute appointment. Appointments are available from 9:30am to 1:00pm. Call the Renton Community Center.

#43351 Large Vase \$45 11/3
#43352 Dinner Plate \$35 11/3
#43353 8" Tile \$18 11/3
#43354 Mug \$20 11/3
#43355 Cheese Server \$26 11/3

Mini-Cheerleading ^{New}

Ages 3 to 5. Join Coach Kindra for a cheerleading class geared toward your peppy preschooler. Loud voices, jumping, cheering and dancing. Mini-cheerleaders should be able to attend class without mom or dad and be potty trained well enough for a 30-minute class. Cheerleaders will perform at the 2007 Liberty Classic Cheer Competition on November 17. Come and join the fun. Optional pom-pom fee of \$10 payable to the instructor. **No class October 23.**

#43372 T 10/2-11/6
10:00-10:30am \$35R/\$42NR

Preschool Programs

✓out these great programs at Highlands Neighborhood Center!

Wee Sing and Play

Ms. Sharon will teach you and your child fun action songs while you play with the parachute. Then the children will run, jump, and explore the indoor playground toys. **No class November 12 and 21.**

Ages 18 months to 3 (with adult)

#43119	W	9/19-10/24
#43120	W	10/31-12/12
9:30-10:30am	Sharp	\$27R/\$32NR

Ages 2 to 4 (with adult)

#43117	M	9/17-10/22
#43118	M	10/29-12/10
10:00-11:00am	Sharp	\$27R/\$32NR

Tumble Wees

This program is designed to promote and foster self-confidence and self-esteem with positive motivation. We encourage both boys and girls to learn gymnastics in a positive way. We do a musical warm-up and tumble, dance, learn balance, and add to your child's strength and flexibility. Ann is a certified gymnastics instructor. **No class November 22.**

Ages 2 to 3

#43127	W	9/19-10/24
5:00-5:40pm	Diaz	\$60R/\$70NR
#43128	Th	9/20-10/25
#43129	Th	11/1-12/13
9:30-10:10am	Diaz	\$60R/\$70NR

Ages 3 to 5

#43130	W	9/19-10/24
5:45-6:25pm	Diaz	\$60R/\$70NR
#43131	Th	9/20-10/25
#43132	Th	11/1-12/13
10:15-10:55am	Diaz	\$60R/\$70NR

Toe Stomping with Tots

Ages 1-1/2 to 3 (with adult). A structured music movement class for parents and toddlers. In each class, we will sing action songs, dance, and play instruments. This is a wonderful time for you and your child! Ms. Sherill is a former preschool teacher. **No class October 27 and November 10.**

#43122	S	9/29-11/17
11:00-11:45am	Parish	\$31R/\$37NR

Messy Makers

Ages 2 to 4. Tiny fingers will have fun exploring paint, glue, glitter, feathers and more with Miss Sharon! You and your favorite adult should dress for a mess. All supplies included. **No class November 12 and 21.**

#43125	W	9/19-10/24
#43126	W	10/31-12/12
10:45-11:15am	Sharp	\$27R/\$32NR
#43123	M	9/17-10/22
#43124	M	10/29-12/10
11:15-11:45am	Sharp	\$27R/\$32NR

Baby Dance *New*

Ages 8 months to 2 years. Certified Child-birth Educator, Cynthia Petersen has brought Baby Dance to the Renton Community Center. This exciting class helps develop the parent/infant bond with the singing of simple songs combined with dancing and exercise fun for baby and parent! This class is great for the development of fine and gross motor skills, visual-auditory awareness, rhythm, and FUN! **No class October 8.**

#43133	M	9/17-11/5
11:00am-12:00pm	Petersen	\$42R/\$50NR

Toddler Two-Step *New*

Ages 2 to 3. Ms. Cynthia will get those toes tappin' in this "dance for fun" class! Parents and toddlers become creative dancers while enjoying music and movement. Meeting new friends, practicing sharing and social skills, and simple movement are a few of the exciting ways we'll spend our class time. **No class October 8.**

#43134	M	9/17-11/5
10:00-10:45am	Petersen	\$42R/\$50NR



**Play and laugh
with your children!**



Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Youth Programs



Sparkling
Imaginative
Learning

Mad Science Ages 5 to 11

Session 1: Science of Senses - Smell, sight, taste, sound...what about a sense of adventure? Explore all these and more as we experiment with light, sound electricity, and everyone's favorite: slime!

Session 2: Fantastic Physics - Physics is the science that just won't quit. We'll find physics in magic tricks, in stunt plane wings, in electrical currents...even a little bit in chemistry.

No class November 12 and 22.

Session 1 \$72R/\$86NR

#43156 M 9/24-10/29 3:45-5:00pm

Session 2 \$60R/\$72NR

#43163 M 11/05-12/10 3:45-5:00pm

Kennydale Elementary School

Session 1 \$72R/\$86NR

#43160 T 9/25-10/30 3:20-4:40pm

Session 2 \$72R/\$86NR

#43164 T 11/06-12/11 3:20-4:30pm

Maplewood Heights Elementary School

Session 1 \$72R/\$86NR

#43161 W 9/26-10/31 3:45-5:00pm

Session 2 \$72R/\$86NR

#43165 W 11/7-12/12 3:45-5:00pm

Sierra Heights Elementary School

Session 1 \$72R/\$86NR

#43162 Th 9/27-11/01 3:50-5:00pm

Session 2 \$60R/\$72NR

#43166 Th 11/8-12/13 3:50-5:00pm

Talbot Hill Elementary School

Young Ladies & Gentlemen

Ages 6 to 10. Children rarely beg for the opportunity to attend a class on manners, and yet it is the key to building positive friendships and strong self-esteem. This fun, hands-on workshop teaches telephone etiquette, basic table manners, introductions, personal care and posture. Each student receives a "goodie bag" to take home. Optional booklet (\$5) or audio tape/booklet set (\$10) of "10 Skills Every Child Should Possess," available for additional cost from instructor. Taught by Final Touch Finishing School.

#43168 S 10/20
9:00am-12:00pm \$30R/\$36NR

Preteen Style

Ages 9 to 11. Girls, discover how to develop your own style and not just follow the crowd. True style and confidence shine from the inside out and enable you to be the leader. Learn valuable communication skills, party manners, ways to develop great friendships, maintain a positive attitude and tips on posture, clothing and nutrition. Experience the steps to great skin as you give yourself a facial. Taught by Final Touch Finishing School.

#43167 S 10/20
12:30-4:30pm \$40R/\$48NR



**For Youth Sports programs,
see pages 16, 17 and 18.**

Youth Programs

Renton Youth Symphony Orchestra

Ages 11 to 21. The Renton Youth Symphony Orchestra offers students an opportunity to perform unabridged classical compositions as a group. Auditions are September 10 at Carco Theatre from 6:30 to 9:00pm. Call 425.430.6700 for information. If accepted, tuition per quarter is \$75 for residents and \$90 for non-residents. Rehearsals are held Monday evenings from 6:30 to 8:00pm and end with the concert on December 16. **Held at Carco Theatre.**

Elementary Ensemble: Time Travelers, Inc.

New
Ages 6 to 12. Young actors take the stage in learning all aspects of musical theatre, including stage presence, improv, monologues, and choreography. Whether you are stepping into the future or blasting into the past, you will enjoy the time spent being creative, building self-esteem, and making new friends. A performance on the last day will show friends and family what we have learned together. **Held at Carco Theatre. No class October 31.**

#43169 W 9/26-12/5
4:30-6:00pm Pedro \$95R/\$114NR

Middle School Improv & Sketch Comedy

New
Ages 11 to 14. Who says you need a script to be an actor? Using props, games, and imagination, this class highlights the art of improvisation or acting on your toes! Bring an open mind and lots of energy. Enthusiasm is a must! Students will help create skits to perform for family and friends. A short showcase at the end of class will show off the new talents you have learned. **Held at Carco Theatre. No class October 31.**

#43170 W 9/26-12/5
6:00-7:00pm Pedro \$80R/\$96NR

Parents Night Out

New
Ages 5 to 11. Parents, treat yourself to a night out! Use this time to catch up on some shopping, see a movie, or just enjoy some time to yourself. We will provide a night out of fun for kids. Games, movie, crafts, pizza, and a whole lot of fun. Sleeping bags or favorite blanket and pillow are welcome. We take care of the rest.

#43171 F 12/7
5:30-10:00pm Spencer \$25R/\$30NR

✓out these great programs at Highlands Neighborhood Center!

Tumbling & More

Ages 6 to 8. Designed to foster self-confidence and self-esteem, this program will teach the balance beam, vault, bars, and tumbling moves. We do a warm-up, learn balance, add to your child's strength, and flexibility, and have fun. Ann is a certified gymnastics instructor.

#43146 W 9/19-10/24
6:30-7:10pm Diaz \$60R/\$70NR

Tae Kwon Do

Ages 6 and up. Join instructors Carla Abbott and Glenn Diola of New Generations Tae Kwon Do School. They will instruct students in the formal arts of Korean Martial Arts style including Hapkido and Hwrang Do. This is a program for the entire family. **Cost is \$52R/\$62NR per session. No class November 22.**

Beginning White Belts
#43150 T/Th 5:30-6:30pm 9/18-10/25
#43153 T/Th 5:30-6:30pm 10/30-12/11

Gold & Orange Belts
#43151 T/Th 6:30-7:30pm 9/18-10/25
#43152 T/Th 6:30-7:30pm 10/30-12/11

Green Belts & Above
#43154 T/Th 7:30-8:30pm 9/18-10/25
#43155 T/Th 7:30-8:30pm 10/30-12/11

Renton Rookie Athletics

These sport specific classes are designed for beginners. Fun is our theme. Each week a different skill will be taught, stressing the very basics. Our goal is to strengthen self-esteem by introducing a fun, safe, non-competitive environment where children can feel good about participating in youth sports. **Fee is \$28R/\$33NR. No class October 31.**

Multi-Sport **Ages 3 to 5**
#43241 T 10/2-11/6 9:30-10:30am

Indoor Soccer **Ages 3 to 5**
#43242 T 10/2-11/6 10:30-11:30am

Basketball **Ages 4 to 6**
#43243 M 10/1-11/5 5:30-6:30pm

Indoor Soccer **Ages 4 to 6**
#43248 M 10/1-11/5 6:45-7:45pm



Steppin' Together Dance

"Steppin' Together" Dance

"Steppin' Together" Dance offers professional instruction with a strong emphasis on technique, fitness, and fun, all in a nurturing and motivating environment. Each student receives individual attention, initiating the creative expression, joy and appreciation of dance and music.

- ◆ Students in **Ballet and Dance Theatre classes** must wear pink leather ballet shoes, black leotards and pink tights. No house slippers.
- ◆ Students in **Jazz classes** must wear black jazz shoes, black tights, and black leotards. No house slippers.
- ◆ Students in **Tap classes** must wear black tap shoes, black tights, and black leotards. No house slippers.
- ◆ Students in **Hip-Hop classes** must wear sneakers and comfortable clothing.
- ◆ Boys wear white t-shirts, black sweatpants or shorts, and black shoes.
- ◆ Dance classes are formatted as **limited viewing**. Parents will be able to watch students on the first and last day of class.

Registration Guidelines: Please refer to the class prerequisites when deciding on class placement. **Dance Line** - For dance specific questions (not related to registration or space availability) directed to the instructors, please call 425.430.6749 and leave a message.

Intro to Ballet

Ages 4 to 5. Excellent for beginning dancers. Students will learn basic ballet stretches while building their concentration in a positive environment. No previous dance experience required.

#43326	T	9/18-12/11
10:45-11:30am	Klingenbeck	\$75R/\$90NR
#43327	Th	9/20-12/13
3:30-4:15pm	Klingenbeck	\$75R/\$90NR

Ballet I

Ages 5 to 6. Prerequisite: For students with some dance experience. Great for beginners and experienced students as well. This class combines learning discipline with beginning techniques of classical ballet. We will also learn basic counting and musicality used in ballet class.

#43329	Th	9/20-12/13
4:30-5:25pm	Klingenbeck	\$81R/\$97NR

Ballet II

Ages 6 to 8. Prerequisite: Ballet I or some dance experience. This class is great for beginners and experienced students and covers basic ballet fundamentals and vocabulary. This is a great class to begin learning basic classical ballet combinations and explore ideas of musicality.

#43331	Th	9/20-12/13
5:30-6:25pm	Klingenbeck	\$81R/\$97NR

Ballet III/IV

Ages 7 to 10. Prerequisite: Ballet II or instructor permission. Grow as a dancer as you learn new steps. Students will learn more advanced ballet vocabulary and create a stronger classical ballet technique. Students will receive tutoring in dancing as a member of an ensemble and in developing personal expression.

#43332	Th	9/20-12/13
6:30-7:25pm	Klingenbeck	\$81R/\$97NR

Ballet V

Ages 11 to 18. Prerequisite: Ballet III/IV or instructor permission. Continue to enhance your skills as a dancer. This class will focus on advance steps and combinations while examining composition. Students will receive individual attention in order to create strong classical ballet technique. Individual expression and musicality are emphasized.

#43333	Th	9/20-12/13
7:30-8:30pm	Klingenbeck	\$84R/\$101NR

Intro to Jazz

Ages 4 to 5. Excellent for beginning dancers. Students will build their concentration, and coordination learning basic jazz steps in a positive environment. No previous dance experience required.

#43334	M	9/17-12/10
3:00-3:45pm	Morris	\$75R/\$90NR

Jazz I/II

Ages 6 to 8. Great for beginners or continuing students. Learn basic jazz steps, across-the-floor movements, and begin to develop a personal sense of artistic expression.

#43335	M	9/17-12/10
3:50-4:45pm	Morris	\$81R/\$97NR

Jazz III/IV

Ages 7 to 10. Traditional jazz blends with contemporary hip-hop styles. Students will learn more detailed floor patterns and longer combinations. This class will feature individual suggestions for increasing performance skills.

#43336	M	9/17-12/10
6:00-6:55pm	Morris	\$81R/\$97NR

Upper Level Jazz

Ages 10 to 14. Traditional jazz blends with contemporary and hip-hop styles. Students will be challenged to learn more detailed floor patterns and longer combinations. This class will feature individual suggestions for increasing performance skills.

#43337	M	9/17-12/10
7:00-7:55pm	Morris	\$81R/\$97NR

No classes November 12, 20 and 22.

Steppin' Together Dance

Jennifer Hansen

Steppin' Together Dance would like to welcome our new Hip Hop instructor, Jennifer Hansen. Jennifer has been teaching dance for sixteen years. Her extensive background in performing, choreographing, and teaching students of all ages has taken her many places throughout the US and abroad. Jennifer was the founder/director of Dancing Feet Productions, an after school dance enrichment program for students in Los Angeles and Seattle. Jennifer is an accomplished instructor with a background in Hip Hop, Jazz, Ballet and Modern Dance Fusion. We are very excited to introduce our newest addition to the Steppin' Together Dance staff.

Tap Fun for Everyone

Ages 6 to 10. Get your feet movin' as you explore the exciting rhythms of tap. Great for beginners and experienced students. The class will cover basic tap fundamentals. Learn exciting new combinations and show them off with your own special flair!

#43339 M 9/17-12/10
5:00-5:45pm Morris \$81R/\$97NR

Hip Hop I

Ages 5 to 7. Great for beginners and dancers with some experience. Learn the fundamentals of hip hop and funky choreography set to the latest urban dance music. Students will take part in creating their own dance routines.

#43346 T 9/18-12/11
4:00-4:55pm Hansen \$81R/\$97NR

Hip Hop II

Ages 8 to 10. Great for beginners and dancers with some experience. Learn the fundamentals of hip hop and funky choreography set to the latest urban dance music. Students will take part in creating their own dance routines.

#43347 T 9/18-12/11
5:00-5:55pm Hansen \$81R/\$97NR

Jazz/Funk Dance

Ages 14 & up. For beginning students as well as those with some dance experience. Get funky while you jazz up your week! Learn the fundamentals of jazz and funk styles, stretch your muscles, get in shape and have fun! Students will develop techniques for expression and get a boost of positive body image and increase coordination all while movin' to the beat of the music. Wear comfortable clothes and shoes.

#43341 M 9/17-12/10
8:00-9:00pm Morris \$84R/\$101NR

Dance Theatre

Ages 3 to 4. This is a great introduction to dance. Learn the basic steps of ballet, jazz, and hip hop while moving your body to the beat. This class has lots of room for imagination and is great for developing creativity and confidence.

#43342 M 9/17/12/10
2:00-2:40pm Morris \$72R/\$86NR
#43343 T 9/18-12/11
10:00-10:40am Klingenberg \$72R/\$86NR
#43344 Th 9/20-12/13
2:45-3:25pm Klingenberg \$72R/\$86NR

Adult Hip Hop Fusion

Ages 14 & up. This fun and energetic class is for dancers with or without experience! Learn funky hip hop moves to the latest urban R&B sounds. Get a great workout while having fun in a positive environment.

#43348 T 9/18-12/11
6:30-7:30pm Hansen \$84R/\$101NR

**No classes
November 12, 20
and 22.**



Teen Scene

Renton Youth Council

The Renton Youth Council (RYC) consists of teens that live in Renton or attend middle or high school in Renton. This diverse group strives to make a difference in our community by:

- Organizing activities
- Educating the public about youth issues
- Volunteering at community events to make Renton a positive and active place for youth and teens.

In a League of Their Own Sports Leagues

Tchoukball League *New*

Ages 10 & up. Tchoukball is a new way to play and think! Exercise your mind and body while playing this non-contact, but very competitive game from Switzerland. Invented by a doctor that searched for a new way to compete without any form of contact to reduce the risk of injury, this sport is fun for the whole family. Bring a group of friends to be a team or sign-up as an individual and we will form a team for you. A great way for the whole family to get and stay fit together. **Held at North Highlands Neighborhood Center.**

#43097 T 10/2-11/20
6:00-7:00pm Staff \$5R/\$5NR

Dodgeball League

Ages 11 to 17. Dodgeball is back! Get your team together or sign-up as an individual and we will put you on a team. You will play two-minute games each night with your team of six to ten players (must have 6 to start a match). If you think two minutes is short, think again! The last day of the league will be the tournament to determine the overall champion. League standings will determine tournament seeding. You can't find fun like this, along with a great workout, for only \$5 per person. **Held at North Highlands Neighborhood Center.**

#43098 W 9/26-11/7
7:00-9:00pm Staff \$5R/\$5R

Tchoukball Workshop *New*

Ages 10 & up. A new way to play and think! Exercise your mind and body while playing this non-contact, but very competitive game from Switzerland. Invented by a doctor that searched for a new way to compete without any contact with your opponent, this is great fun for the whole family. Bring a group of friends and learn this new sport. **Held at North Highlands Neighborhood Center.**

#43096 T 9/25
6:00-7:00pm Staff Free

Wing Chun Gung Fu *New*

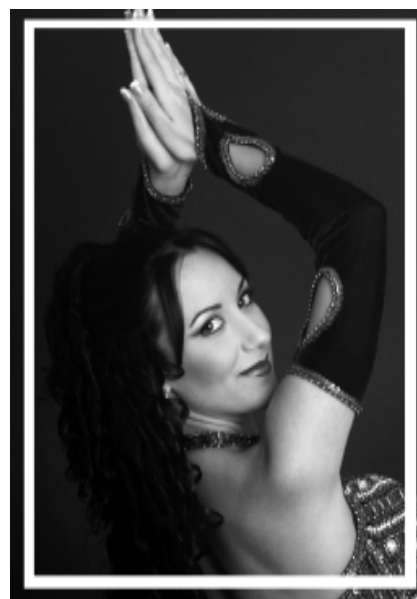
Ages 13 & up. Wing Chun Gung Fu is truly unique and different than any other martial art. It was developed 1400 years ago in China by a woman named Yim Wing Chun. This defensive fighting system is designed for a smaller and weaker person to defend against a larger and more aggressive attacker by utilizing body mechanics and leverage to generate power. The techniques are efficient and effective. The speed of the technique is derived from the central nervous system like a reflex. Wing Chun can be practiced by almost anyone who is in good health. Any average person can learn to use this art for protection. **Held at North Highlands Neighborhood Center.**

#43093 M/Th 9/17-10/25
#43094 M/Th 10/29-12/13
7:00-9:00pm Yee \$52R/\$62NR

Beginning Belly Dance *New*

Ages 14 & up. Explore the feminine, ancient, and mysterious art of Belly Dance. Experience an excellent workout, higher freedom of movement and greater flexibility while building confidence and having fun! Learn the basic hip movements, shimmies, isolations, graceful hands and arms, traveling steps, combinations, and fun dance routines. Reduce stress, enhance well being, and bring out your inner beauty through self-expression. Bring a long scarf and wear comfortable, loose fitting clothing. Open to all shapes and sizes. **Held at North Highlands Neighborhood Center.**

#43095 Th 9/27-11/15
5:00-6:30pm Sahaila \$62R/\$74NR



Look for snowboarding, cross country skiing, snowshoeing and downhill skiing programs in the Winter/Spring edition of "What's Happening."

Teen Scene



Meet your children's friends - and their friends' parents.

Teen Nights

Free

Ages 11 to 17. Back and better than ever! We will have a 3-on-3 basketball tournament, game room tournament, and much, much more. If you like movies we have that too. Only the latest PG-13 rated movies will be shown. Snacks will also be provided and prizes will be won. Don't miss this great program designed just for teens from 8:00pm to 11:00pm. **Held at Highlands Neighborhood Center.**

Saturday, September 29
Saturday, October 20
Saturday, November 17
Saturday, December 8

Adventure Trips

EMP/Gameworks

Ages 11 to 17. Experience Music Project is a place you shouldn't miss. Now you don't have to! We will go to EMP and the Pacific Science Museum. After, we will experience games like no other at Gameworks! Participants must provide their own money for activities at Gameworks. Pack a lunch or bring money to eat along the way during this fun-filled day downtown. **Meet at North Highlands Neighborhood Center.**

#43106 F 11/9
 9:00am-5:00pm Nishi \$25R/\$30NR

Splatfest!

Ages 12 to 17. Splatfest is back and better than ever! We will go to the paintball arena and have enough supplies to last the entire day. We will start with some basic games and then move on to the specialized games. Participants should bring a sack lunch, water and snacks to last the day. Proper clothing (long pants, long sleeve shirt, and sturdy shoes) is required. No outside equipment permitted. **Meet at North Highlands Neighborhood Center.**

#43099 Th 10/11
 9:00am-5:00pm Nishi \$50R/\$60NR

Marauding Miniatures

Free

Ages 11 to 17. This new program will introduce you to the world of miniature gaming. With a special thanks to Wizards of the Coast and Hasbro, this program is free to all participants. Each week you may choose one of the following miniature settings: Dungeons & Dragons, Axis & Allies, or Star Wars. As a bonus, Magic The Gathering, as well as many other collectible card games, will be introduced. Imagination, creativity, and a fun attitude are a must to make this a success. Sign up today and start gaming, miniature style! **Held at Highlands Neighborhood Center.**

#43100 M 9/10-12/17
 4:00-7:00pm Staff Free

Fantasy Game Club

Free

Ages 11 to 17. Back and better than ever! With a special thanks to Wizards of the Coast and Hasbro, this program is free! Each week of this game club will be continuing role-playing games within the Dungeons & Dragons setting. Imagination, creativity and a fun attitude are a must to make this club a success. Sign-up today and start your adventure. **Held at Highlands Neighborhood Center.**

#43104 W 9/5-12/19
 4:00-7:00pm Staff Free

D&D All Day Long

Free

Ages 11 to 18. Come to North Highlands Neighborhood Center for a role-playing event like no other. This program will start at 8:00am and the games will go for 10 hours with a break for lunch (provided free to participants). To help the game get started, participants are required to attend a session of Fantasy Game Club the Wednesday before this event. Many thanks to Wizards of the Coast for supporting this free event. **Held at Highlands Neighborhood Center.**

#43102 S 10/13
 #43103 S 11/10
 #43371 S 12/8
 8:00am-6:00pm Puthoff Free

Thank you



Youth Sports

Renton's Youth Sports Mission:

Youth Athletics is dedicated to:

- Providing enjoyable recreation programs for children regardless of their athletic ability;
- Encouraging children to have fun, learn new skills, and feel good about participating in youth sports;
- Developing self-esteem and good sportsmanship through meaningful and fair sports competition;
- Providing quality coaches, facilities, and clearly defined standards.

Soccer Challenge *Free*

October 4 - Ages 4 to 12. Held at **Ron Regis Park**, this competition is open to all boys and girls. Competition includes ball throw-in, distance kick, goal shooting, and ball dribbling. Contestants will compete within their own age division (based on participant's age as of December 31, 2007). **Pre-registration is required. Class #43173.**

Ages 4 to 6	6:00pm
Ages 7 to 8	6:30pm
Ages 9 to 10	7:00pm
Ages 11 to 12	7:30pm

Fall Tennis Programs

We have teamed up with Aces Tennis to offer expanded tennis programs for everyone. Located at 401 Olympia Ave. NE in Renton, Aces Tennis is a local business providing professional services and supplies for a variety of tennis needs. Program includes lessons, camps, teams, tournaments, and special events. All registration will be taken through the City of Renton.

Youth Lessons

These lessons are for beginners. In just two weeks, even new players can be out on the court playing. The beginning class provides basic skills needed including etiquette, rules and score keeping along with fundamental instruction. Rain make-ups will be held Friday evenings. **Held at McKnight Middle School.**

Ages 7 to 12			
#43277	T/Th	9/4-9/13	
#43278	T/Th	9/18-9/27	
5:30-6:30pm	Aces	\$40R/\$48NR	
Ages 5 to 7			
#43279	S	9/8-9/29	
9:00-10:00am	Aces	\$40R/\$48NR	
#43280	Su	9/9-9/30	
3:00-4:00pm	Aces	\$40R/\$48NR	

Teen and Adult Lessons

Ages 13 & up. These lessons are for beginners. In just two weeks, even new players can be out on the court playing. The beginning class provides basic skills needed including etiquette, rules and score keeping along with fundamental instruction. Rain make-ups will be held Friday evenings. **Held at McKnight Middle School.**

#43281	T/Th	9/4-9/13	
#43282	T/Th	9/18-9/27	
6:30-7:30pm	Aces	\$40R/\$48NR	
#43283	S	9/8-9/29	
9:00-10:00am	Aces	\$40R/\$48NR	
#43284	Su	9/9-9/30	
3:00-4:00pm	Aces	\$40R/\$48NR	

Junior Tennis Camps

Ages 7 to 14. A great opportunity for beginning and intermediate level players to improve their tennis skills, make new friends, and enjoy the fall! Camps include instruction, drills, and games. Be sure to bring a snack and something to drink each day. **Held at McKnight Middle School.**

#43265	S	9/8	
#43305	S	9/15	
#43306	S	9/22	
#43307	S	9/29	
#43308	S	10/6	
#43309	S	10/13	
10:00am-1:00pm	Aces	\$20R/\$24NR	
#43310	Su	9/9	
#43311	Su	9/16	
#43312	Su	9/23	
#43313	Su	9/30	
#43314	Su	10/7	
#43315	Su	10/14	
12:00-3:00pm	Aces	\$20R/\$24NR	

**For more information on any of these programs, contact
Aces Tennis at
425.235.9495 or visit
www.acesennis.net.**

Lil' Kickers

Register by calling **Arena Sports** at 1-866-885-4881 or online at **www.arenasports.net**

Lil' Kickers is a non-competitive, introductory soccer skills program that develops a love for sports in an active and healthy atmosphere. **Cost is \$125 for Monday programs and \$150 for Wednesday programs. Annual membership fee of \$39 required. Held at North Highlands Neighborhood Center. No class November 12.**

Bunnies **Ages 18 to 24 months**
Mondays 9/10-11/19 9:30-10:20am
Wednesdays 9/5-11/21 9:30-10:20am
Toddlers and parents explore basic soccer and movement skills through parachute activities, bubbles, and the famous cone towers!

Thumpers **Ages 25 to 35 months**
Mondays 9/10-11/19 10:30-11:20am
Wednesdays 9/5-11/21 10:30-11:20am
Parents and kids, play organized games to develop listening skills, balance, ball skills and foot-eye coordination.

Cottontails **Ages 2-1/2 to 3-1/2**
Mondays 9/10-11/19 11:30am-12:20pm
Wednesdays 9/5-11/21 11:30am-12:20pm
This class is a transitional class from the parent/child class to an independent class where they are alone on the field with a coach.

Hoppers **Ages 3 to 4**
Mondays 9/10-11/19 9:30-10:20am
Mondays 9/10-11/19 12:30-1:20pm
Wednesdays 9/5-11/21 10:30-11:20am
Wednesdays 9/5-11/21 11:30am-12:20pm
Classes focus on foot-eye coordination, dribbling, scoring and balance and introduce the concepts of teamwork and cooperation.

Jackrabbits **Ages 3 to 4**
Mondays 9/10-11/19 10:30-11:20am
Wednesdays 9/5-11/21 12:30-1:20pm
Class designed for those who have either taken a session of Hoppers or have soccer experience. Focus is on more complex ball skills (trapping and passing). Small-sided soccer games will be introduced.

Big Feet **Ages 5 to 6**
These classes concentrate on giving beginning kids a set of basic soccer skills (dribbling, passing, trapping, scoring) and some confidence on the field.
Mondays 9/10-11/19 11:30am-12:20pm
Wednesdays 9/5-11/21 12:30-1:20pm

Micro League Class **Ages 4 to 5**
This non-competitive, developmental league is for kids who have played soccer and is designed to enhance individual and team skills. The emphasis is on fun and safety.
Mondays 9/10-11/19 12:30-1:20pm
Wednesdays 9/5-11/21 9:30-10:20am

Youth Sports

1st to 10th Grade Boys & Girls Basketball League

League emphasis is on fun, participation, and skill development. Separate leagues for boys and girls based on grade. All skill levels are encouraged to participate. Registration forms will be distributed through Renton schools, and will be available at the Renton Community Center beginning **October 2**. Practices begin the week of **November 26** and games begin in early January. Volunteer coaches will instruct and coach each team. **Fee is \$46 for residents and \$54 for non-residents. Space is limited. Registration begins October 3. Registration deadline is October 22. Registrations received after the deadline are on a space-available basis.**

Help Wanted! Coaches and Referees

Applications for youth basketball coaches and referees are available at the Renton Community Center. Applicants should be able to work with children and have a basic knowledge of the game. The program is geared toward sportsmanship and skill development. New and returning coaches must complete a certification program.

Thank you



Great Tasting Lunchmeat

for supporting Youth Athletics 2007.

Pre-Season Basketball Classes

Get ready to fine-tune your basketball skills. Designed for both boys and girls interested in learning the fundamentals of basketball in a structured, fun environment. All skill levels are encouraged to participate. Dribbling, shooting, passing, teamwork, and sportsmanship will all be taught during this fun class that encourages children to feel good about participating in youth sports. Space is limited. **Fee is \$28R/\$33NR.**

1st and 2nd Grade

#43250 T 10/2-11/6 5:30-6:30pm
Highlands Neighborhood Center
#43251 Th 10/4-11/8 5:30-6:30pm
Tiffany Park Elementary School

3rd and 4th Grade

#43252 T 10/2-11/6 6:45-7:45pm
Highlands Neighborhood Center
#43253 Th 10/4-11/8 6:45-7:45pm
Tiffany Park Elementary School

5th to 7th Grade

#43258 Th 10/4-11/8 6:00-7:00pm
Nelsen Middle School

6th to 8th Grade

#43259 Th 10/4-11/8 7:15-8:15pm
Nelsen Middle School

"Friday Night Lights" Flag Football Instructional League

Get ready to fine-tune your flag football skills in this fun, instructional league for both boys and girls interested in learning the fundamentals in a structured environment. All skill levels are encouraged to participate. The first half of each class will be an instructional clinic and the second half will be in a game format. **Held at Ron Regis Park.**

Grades 2 and 3

#43324 F 9/14-10/19
5:00-6:15pm Staff \$45R/\$54NR

Grades 4 and 5

#43325 F 9/14-10/19
6:30-7:45pm Staff \$45R/\$54NR

Skyhawks Afterschool Sports Clubs

Ages 5 to 11. Skyhawks Sports Clubs will enhance your skills through a variety of fun-filled drills, exercises, and games. These programs are facilitated by Skyhawks with an emphasis on participation, sportsmanship, and personal enjoyment.

Soccer

#43320 T 9/25-10/30
3:30-5:00pm \$50R/\$60NR

Sierra Heights Elementary School

#43321 W 9/26-10/31
3:35-5:00pm \$50R/\$60NR

Talbot Hill Elementary School

#43322 Th 9/27-11/01
3:05-4:30pm \$50R/\$60NR

Maplewood Heights Elementary School

#43323 Th 9/27-11/01
3:30-5:00pm \$50R/\$60NR

Kennedydale Elementary School

Basketball

#43316 T 11/6-12/11
3:30-5:00pm \$50R/\$60NR

Sierra Heights Elementary School

#43317 W 11/7-12/12
3:35-5:00pm \$50R/\$60NR

Talbot Hill Elementary School

#43318 Th 11/8-12/13
3:05-4:30pm \$42R/\$50NR

Maplewood Heights Elementary School

#43319 Th 11/8-12/13
3:30-5:00pm \$42R/\$50NR

Kennedydale Elementary School



Visit
www.skyhawks.com
for more information.

Youth Sports

Renton Rookie Athletics

These sport specific classes are designed for beginners. Fun is our theme. Each week a different skill will be taught, stressing the very basics. Our goal is to strengthen self-esteem by introducing kids to sports in a fun, safe, non-competitive environment where children can feel good about participating. **Fee is \$28R/\$33NR. No class October 31.**

Highlands Neighborhood Center.

Multi-Sport	Ages 3 to 5
#43241 T 10/2-11/6	9:30-10:30am
Indoor Soccer	Ages 3 to 5
#43242 T 10/2-11/6	10:30-11:30am
Basketball	Ages 4 to 6
#43243 M 10/1-11/5	5:30-6:30pm
Indoor Soccer	Ages 4 to 6
#43248 M 10/1-11/5	6:45-7:45pm

Tiffany Park Elementary School

Basketball	Ages 4 to 6
#43247 W 10/3-11/14	5:30-6:30pm
Indoor Soccer	Ages 4 to 6
#43249 W 10/3-11/14	6:45-7:45pm

Tumbling & More

Ages 6 to 8. Designed to foster self-confidence and self-esteem, this program will teach the balance beam, vault, bars, and tumbling moves. We do a warm-up, learn balance, add to your child's strength and flexibility, and have fun. Ann and Diane Diaz are certified gymnastics instructors. **Held at Highlands Neighborhood Center.**

#43146 W 9/19-10/24	
6:30-7:10pm Diaz	\$60R/\$74NR

Tae Kwon Do

Ages 6 and up. Join instructors Carla Abbott and Glenn Diola of New Generations Tae Kwon Do School. They will instruct students in the formal arts of Korean Martial Arts style including Hapkido and Hwurang Do. This is a program for the entire family. **Cost is \$52R/\$62NR per session. No class November 22. Held at Highlands Neighborhood Center.**

Beginning White Belts

#43150 T/Th 5:30-6:30pm	9/18-10/25
#43153 T/Th 5:30-6:30pm	10/30-12/11

Gold & Orange Belts

#43151 T/Th 6:30-7:30pm	9/18-10/25
#43152 T/Th 6:30-7:30pm	10/30-12/11

Green Belts & Above

#43154 T/Th 7:30-8:30pm	9/18-10/25
#43155 T/Th 7:30-8:30pm	10/30-12/11

In a League of Their Own Sports Leagues

Tchoukball League *New*

Ages 10 & up. Tchoukball is a new way to play and think! Exercise your mind and body while playing this non-contact, but very competitive game from Switzerland. Invented by a doctor that searched for a new way to compete without any form of contact to reduce the risk of injury, this sport is fun for the whole family. Bring a group of friends to be a team or sign-up as an individual and we will form a team for you. A great way for the whole family to get and stay fit together. **Held at North Highlands Neighborhood Center.**

#43097 T 10/2-11/20	
6:00-7:00pm Staff	\$5R/\$5NR

Dodgeball League

Ages 11 to 17. Dodgeball is back! Get your team together or sign-up as an individual and we will put you on a team. You will play two-minute games each night with your team of six to ten players (must have 6 to start a match). If you think two minutes is short, think again! The last day of the league will be the tournament to determine the overall champion. League standings will determine tournament seeding. You can't find fun like this, along with a great workout, for only \$5 per person. **Held at North Highlands Neighborhood Center.**

#43098 W 9/26-11/7	
7:00-9:00pm Staff	\$5R/\$5R

Youth Athletic Associations

Soccer:

Cascade Soccer Club	425.226.7020
Highlands Soccer Club	425.241.5736
S.C.O.R.E.	425.227.8382
GRJSA	425.241.5736 or www.GRJSA.org

Football:

Renton Rangers	206.713.3777
Benson Bruins	425.228.3525

Baseball:

5-Star Athletics	425.228.8414
Renton Little League	www.rentonlittleleague.com
CVAC	425.458.4050 or www.cvac.org
Newcastle	425.271.3876 or www.newcastlebaseball.com

Adult Programs

How's your "fiscal health"?

Improve Your Credit Score

Your credit score is a simple three digit number ranging from 350 to 850, but it controls many facets of your life from determining to the ability to purchase or refinance a home. Some employers also check credit when making hiring decisions. Learn to understand your credit report and the steps you can take to improve your credit score. All attendees receive free Credit Report and a Knowing and Understanding your Credit guide. Facilitated by Fred Dummer and Greg Taylor. Fee per class is \$7.

#43357	S	9/8	10:00-11:30am
#43358	S	9/22	10:00-11:30am
#43359	S	10/6	10:00-11:30am
#43360	S	10/20	10:00-11:30am
#43361	S	11/10	10:00-11:30am
#43362	S	12/1	10:00-11:30am

Home Buying Preparation

Learn the importance of being prepared to buy a home and about types of Loan Programs, prequalification, the pre-approval process, the real estate process, the housing market, and homebuyer "Next Steps" you can take to come closer to purchasing a home. All attendees get free Homebuying guides and a Credit Report. Facilitated by Greg Taylor of The Advanced Mortgage Group and Teri Arnold of John L. Scott Realtor. Fee per class is \$7.

#43363	S	9/15	10:00-11:30am
#43364	S	10/13	10:00-11:30am
#43365	S	11/3	10:00-11:30am
#43366	S	12/8	10:00-11:30am

eBay Selling Basics

Over 430,000 people make a living on eBay. Learn how to get set up, some tricks of the trade and how to reach potential buyers by using the right keywords, smart pricing, photos, and more. Instructor is a certified eBay Education Specialist. Includes workbook and CD.

#43234	Th	10/18 & 10/25
6:00-9:00pm	Shebley	\$55R/\$66NR

eBay Selling Beyond the Basics

If you've been selling on eBay occasionally, and want to learn how to get the most out of your listings, this is the right class for you. Learn how to start and grow an eBay-based business, choose the format to create catchy listings, use listing tools, market your business, manage your listings, pack and ship inventory, and use on-line payments from PayPal. Taught by Cindy Shebley, an eBay Education Specialist, certified by eBay.

#43235	Th	11/29-12/6
6:00-9:00pm	Shebley	\$55R/\$66NR

Acting for Adults

Act up, act out, ACT NOW! Learn, develop and sharpen your acting and audition skills in a fun and supportive environment. Experienced or not, this class is designed to meet your needs. Provides performance techniques you'll enjoy using in class and on stage to help create believable characters. **Held at Carco Theatre.**

#43092	W	9/19-11/7
10:00am-12:00pm	Paasch	\$45R/\$54NR

Puppy Kindergarten

For puppies 10 to 20 weeks old. Give your puppy a great start. Puppies love to play, so this class is fun, active, and geared to the younger puppy. Puppies will learn the proper way to play with adults, children and other pets. Teach your puppy to walk politely on a leash and to come happily and willingly when called. Handlers will learn simple, dependable ways to prevent chewing, jumping up, nipping, biting, and barking. Understand house-breaking techniques and proper nutrition and get hands-on practice grooming and trimming nails. Well behaved children (5 & up) with parents are welcome. Bring puppy's shot records, favorite toy, and some soft, easy to chew treats. Come with everyday collar (not harness) and leash (not retractable). **Held at Paws Abilities Training Center in Tukwila. No class November 24.**

#43236	S	9/15-10/20
#43237	S	10/27-12/8
10:00-11:00am	Babb	\$66R/\$79NR

Basic Dog Obedience

For dogs 6 months and up. Help your dog be a good canine citizen. Using a common sense approach to dog obedience and a logical class progression, train your dog to sit on command, stand, lie-down, stay, come when called, and heel at your side on a loose leash. Other subjects include how to control jumping, running through a door, territorialism, problem barking, nipping, biting, and digging. Individual guidance will be given to illustrate how to gently but effectively perform each technique. Primary handler must be at least 12 years old but all family members are welcome to attend. Wear comfortable clothing and rubber-soled shoes. Bring your dog's normal collar (not harness) and leash (not retractable). **Held at Paws Abilities Training Center in Tukwila. No class November 24.**

#43238	S	9/15-10/20
#43239	S	10/27-12/8
11:30am-12:30pm	Babb	\$66R/\$79NR

Adult Dance

Ballroom Dancing

Ages 14 & up. Shall we dance? Learn the Waltz, Fox Trot, Swing, and Tango from competition dancer, Adrian Oakes. Couples are encouraged, but singles are welcome. No dance experience needed. **Held at Renton Senior Activity Center.**

#43135	T	9/18-11/6
6:30-7:30pm	Oakes	\$50R/\$60NR

Swing, Salsa and Rumba

Ages 14 & up. Competition dancer, Adrian Oakes, will energize your feet as you learn Salsa, Swing, Merengue and Rumba. Couples are encouraged but singles are welcome. No dance experience needed. **Held at Renton Senior Activity Center.**

#43136	T	9/18-11/6
7:30-8:30pm	Oakes	\$50R/\$60NR

Beginning Adult Belly Dancing Levels 1 & 2

Build core strength, flexibility, and confidence in a supportive environment! Beginning Adult Belly Dancing introduces students to basic movement patterns, taksim, finger cymbals, and veil. No previous dance experience necessary. Those students with some experience in belly dance will still be challenged and continue to progress. Instructor Amira is in high demand for performances and instruction, and is featured in the latest DVD from the International Academy of Middle Eastern Dance. Hip scarves provided. **No class November 21.**

#43137	W	10/10-12/5
7:00-8:00pm	Amira	\$80R/\$96NR

Scrapbook Workshop I

Get creative! Come and design 18, 12" x 12" scrapbook pages using Close to My Heart level two paper packet. The layout designs are from CTMH exclusive book, Cherish, which makes beautiful layouts quick and easy. This class is excellent for all levels whether you are just getting started or want to get your pages done faster and more efficiently. Supplies required: lots of adhesive, ruler, pencil and your favorite photos!

#43240	W	10/3 & 10/10
6:30-9:00pm	Waymire	\$65R/\$78NR

Adult Sports

Upcoming Adult Athletic Leagues

	Class #	Registration Starts	Season Starts	Season Ends	Team Fee	Location
Men's Fall Basketball:						
"Upper Rec"-Tuesday	#42232	8/1	9/18	11/27	\$460	Renton Community Center
"Lower Rec"-Tuesday	#42233	8/1	9/18	11/27	\$460	Renton Community Center
Men's Winter Basketball:						
"Upper Rec"- Thursday	#43084	11/7	1/17	3/27	\$460	Renton Community Center
"Lower Rec"-Tuesday	#43085	11/7	1/15	3/27	\$460	Renton Community Center
"Lower Rec"-Thursday	#43086	11/7	1/17	3/27	\$460	Renton Community Center
Co-Ed Fall Volleyball:						
"Competitive"-Monday	#42234	8/1	9/24	12/10	\$270	Renton Community Center
"Upper Rec"- Monday	#42235	8/1	9/24	12/10	\$270	Renton Community Center
"Upper Rec" - Wednesday	#42236	8/1	9/26	12/12	\$270	Renton Community Center
"Lower Rec" - Wednesday	#42237	8/1	9/26	12/12	\$270	Renton Community Center
Co-Ed Winter Volleyball:						
"Competitive" -Monday	#43087	11/7	1/14	3/17	\$270	Renton Community Center
"Upper Rec" - Monday	#43088	11/7	1/14	3/17	\$270	Renton Community Center
"Competitive" -Wednesday	#43089	11/7	1/16	3/19	\$270	Renton Community Center
"Upper Rec" - Wednesday	#43090	11/7	1/16	3/19	\$270	Renton Community Center
"Lower Rec" - Wednesday	#43091	11/7	1/16	3/19	\$270	Renton Community Center

Men's Basketball

Three seasons of men's recreational basketball are offered. The fall season runs from mid-September through late November. The winter season runs from early January through late March. The spring season runs from early April through mid-June. Each season offers two levels of competition with certified officials. Minimum age is 18. Ex-college players must be at least 35 years of age to participate. All teams guaranteed 8 games. Games played at the Renton Community Center. The top teams will advance to a league championship tournament. Tournament winners will receive awards. Space is limited.

Co-Ed Volleyball

Three seasons of adult co-ed volleyball are offered. The fall season runs from late September through early December. The winter season runs from early January through mid-March. The spring season runs from early April to mid-June. Each season offers three levels of competition with certified officials. Two women must be on the court at all times. All teams are guaranteed eight matches of three games per match. Games are held at the Renton Community Center. The top teams from each division will advance to a league championship tournament. Tournament winners will receive awards. Space is limited.

Softball

Three seasons of adult softball are offered. The spring season runs from late April through mid-July. The summer season runs from early June through early August, and the fall season runs from early August through early October. Each season offers a variety of competition levels. Doubleheaders will be played in most leagues. The top teams will advance to a league championship tournament. Tournament winners will receive awards. Space is limited.

Racquetball Leagues

Get back into the game and meet new players after taking the summer off. The Fall Racquetball Leagues will run September 25 through mid-December. Two levels of play will be offered (singles only). The Recreation level is for beginning to intermediate players (C/D), and the competitive level is for intermediate to advanced players (A/B). Matches are played on Tuesday nights, at 6:00, 7:00, or 8:00pm. Players will be called regarding their first match time. Schedules and rules will be available at the first match. Space is limited so register early. Registration deadline is September 12. League fee is \$35R/\$42NR.

Competitive Division

Tuesdays (#43228) Begins 9/25

Recreational Division

Tuesdays (#43229) Begins 9/25

**For information on
Adult Sports,
call Andy O'Brien at
425.430.6700
or visit rentonwa.gov.**

Resident Benefits

Early Registration

Teams that meet the 50% City of Renton resident requirement for adult sports are invited to register one day prior to league open registration.

Adult Team Sports 20% Resident Discount

Teams with a minimum of 50% City of Renton residents are eligible for a 20% discount on league fees, which will be credited after final roster review at the end of the season.

Fitness Classes

Something for Everyone!

- ◆ Variety of classes from zero impact to high-intensity training
- ◆ Convenient class times and great facilities
- ◆ Certified Instructors - AFAA and ACE

Fitness classes are designed for participants 14 years of age and older. Drop-ins welcome at all aerobic classes.

Fitness at a Glance

Monday

Fundamnetal Tai Chi	6:30pm
Tai Chi Energentics	6:30pm
Intro to Push Hands	6:30pm
Continuing Tai Chi	7:45pm

Wednesday

Beginning Yoga	5:30pm
Intermediate Yoga	6:50pm

Monday/Wednesday

Bag & Glove	5:20pm
Body Boot Camp	5:20pm
Step & Sculpt	5:30pm
Jazzercise	6:35pm
Pilates Mat Class	7:40pm

Monday/Wednesday/Friday

Jazzercise-1 day a week	9:00am
Jazzercise-2 days a week	9:00am
Jazzercise-3 days a week	9:00am

Tuesday/Thursday

Cardio Cross Training	9:15am
Small Group Fitness	10:30am
Kick and Glide	5:30pm
Active Yoga	6:30pm
Body Sculpt	7:35pm

Saturday

Nia	9:30am
Pregnancy Fit	10:45am

No fitness classes November 12, 16 and November 22 and 23.

Small Group Fitness Training

Small group personal fitness training makes fitness fun, while providing accountability, encouragement, education, and social support. Sessions are limited to no more than 8 people, so you will receive professional individualized instruction and supervision from personal trainers, Linda Lindsley and Bena Filbert. The 6-week session includes cardiovascular exercise and resistance training. Classes are scheduled twice a week and designed to provide a strong base for your ongoing fitness program. If you like the idea of exercising in a small group environment, consider this option. **No class November 20 and 22.**

#43217	T/Th	9/18-10/25
10:30-11:30am		\$240R/\$288NR
#43218	T/Th	11/6-12/20
10:30-11:30am		\$240R/\$288NR

Senior Fitness Workout

Never exercised before? Only \$1 for those **50 and over** every Monday, Wednesday and Friday from 7:30-9:30am. Staff is on site for orientations and helpful hints. This is a drop-in program, not a structured class.

Personal Training

Resolve to work smarter, not harder! Let the experts design an individualized program to meet your fitness goals while you enjoy the benefits. Appointments are \$25 per hour for residents and \$30 for non-residents.

Personal trainer, Lisa Kurth has worked at the Renton Community Center since July of 1992. She graduated from the University of Montana with a Bachelor's Degree in Home Economics with an emphasis on Fitness and Nutrition. Lisa graduated from the Health and Fitness Technology Program at Renton Technical College in 1991 and acquired her Personal Trainer Certificate from the American Council on Exercise. Lisa presents fitness from a functionally enjoyable aspect that keeps participants active and working toward a healthier lifestyle.

Beginning/Gentle Yoga

Class is designed for those new to yoga and those looking for a gentle yoga experience. It is taught in the Viniyoga style, where the movements are connected to the breath. Typical class includes centering, specific breath work, postures and relaxation. Postures can generally be adapted for those with specific needs, though the student will need the ability to kneel and do standing work without the use of a chair. Please bring your own blanket and yoga mat. **No drop-ins for this session. Held at the Renton Senior Activity Center.**

#43194	W	9/19-11/28
5:30-6:40pm	Rippie	\$101R/\$121NR

Intermediate/Challenge Yoga

Class is for students with at least six months yoga experience and are familiar with the Viniyoga style of integrated breathing and movement. In this class, posture variations are more demanding with more repetitions and longer holds. Please bring your own blanket and yoga mat. **No drop-ins for this session. Held at the Renton Senior Activity Center.**

#43193	W	9/19-11/28
6:50-8:00pm	Rippie	\$101R/\$121NR

Active Yoga *New*

Are you an on again/off again yogini? Join Linda Ross for this multi-level, fitness-based yoga class. This class is taught in a very user friendly, vinyasa flow style that can be adapted to meet the needs of beginners as well as more experienced practitioners. Increase physical balance, muscular strengthening, range of motion, and gain long lean muscle. Linda will help you discover yoga is truly for everybody! Please bring your own yoga mat.

#43195	T/Th	9/11-11/1
6:30-7:30pm	Ross	\$82R/\$98NR
#43349	T/Th	11/6-12/20
6:30-7:30pm	Ross	\$67R/\$80NR

Fitness Classes

Welcome

The Renton Community Center would like to welcome three great additions to our fitness program. Linda Ross is certified by ACE, AFFA, Canadian Association for fitness professionals and NSCA and has twenty-three years of group exercise experience. Group exercise instructors, Debbie Conklin (AFFA Certified) and Tien Mai (BFIT-U certified) are also joining our staff. Stop in and try them out!

Jazzercise

When you love your workout, the results come easy. That's why Jazzercise blends aerobics, yoga, Pilates, and kickboxing movements into fun dance routines set to fresh music. All fitness levels welcome. Weights optional. Drop-ins welcome.

Morning Jazzercise

Join Fran Kendall as she teaches Monday, Wednesday and Friday from 9:00-10:00am. **No class November 12, 16, and 23.**

Class #	Days/week	9/10-10/26
#43202	1	\$30R/\$36NR
#43205	2	\$58R/\$70NR
#43204	3	\$86R/\$103NR

Class #	Days/week	10/29-12/31
#43207	1	\$34R/\$41NR
#43208	2	\$62R/\$74NR
#43209	3	\$86R/\$103NR

Evening Jazzercise

#43203	MW	9/10-10/24
6:35-7:35pm	Spurrier	\$58R/\$70NR
#43206	MW	10/29-12/19
6:35-7:35pm	Spurrier	\$62R/\$74NR

jazzercise

it shows.

Cardio Cross Training

If you're looking for a full body workout, this class has it! Fitness expert Linda Lindsley brings you sixty minutes of moderate to high intensity cardio work involving a variety of step, kickboxing, fitball drills, and weights. Equipment is limited. Bringing your own equipment is welcomed. Drop-ins \$6 as space permits. **No class November 22.**

#43215	T/Th	9/11-11/1
9:15-10:15am	Lindsley	\$66R/\$79NR
#43216	T/Th	11/6-12/20
9:15-10:15am	Lindsley	\$54R/\$65NR

Kick and Glide TM New

Veteran group fitness instructor Linda Ross has brought us a challenging new fitness class combining cardio kickboxing with gliding. The latest phenomenon in low impact endurance conditioning. Gliding discs are used for cardio training and include movements from skating to low-impact jacks to traditional squats and lunges. The biggest difference compared to traditional versions of these exercises is in the smoothness of the movement. **No class November 22.**

#43226	T/Th	9/11-11/1
5:30-6:25pm	Ross	\$66R/\$79NR
#43227	T/Th	11/6-12/20
5:30-6:25pm	Ross	\$54R/\$65NR

Body Sculpt

Group exercise specialist Tien Mai combines cardio, step, circuit training and more. This combination class is for all fitness levels and provides a positive environment for cross training fun and total body fitness. Drop-ins \$6 as space permits. **No class November 22.**

#43222	T/Th	9/11-11/1
7:35-8:35pm	Mai	\$66R/\$79NR
#43223	T/Th	11/6-12/20
7:35-8:35pm	Mai	\$54R/\$65NR

Body Boot Camp

Back by popular demand! Looking for change from your traditional fitness program? Start your commitment to improving your overall health with a dose of tough love Boot Camp style! A six-week program will challenge you to a whole new fitness level. Cardiovascular, muscular, strength, and all around core training are just a few drills waiting for you! Increase energy and build self-confidence. Enlist now. All fitness levels welcome. No drop-ins.

#43210	M/W	9/24-10/31
5:20-6:20pm	Lindsley	\$62R/\$74NR

Step and Sculpt

Tone muscles and burn fat with certified group fitness instructor Debbie Conklin. Providing a positive and motivational environment, this class incorporates step, interval weight training, and core stability for an ultimate body workout. Exercise your way to a new you! All fitness levels welcome. Modification tips provided for beginner students. Drop-ins \$6 as space permits. **No class November 12.**

#43212	M/W	9/10-10/24
5:30-6:30pm	Conklin	\$58R/\$70NR
#43213	MW	10/29-12/19
5:30-6:30pm	Conklin	\$62R/\$74NR

Bag & Glove

This high intensity class combines martial arts, boxing, and cardio for a full body workout using targets, punching bag, jump rope, and calisthenics in a motivating environment. Certified Personal Trainer Linda Lindsley and Bena Filbert will work your body and your mind leaving you feeling empowered. All fitness levels welcome. Please bring your own gloves. Drop-ins welcome as space allows (\$10R/\$12NR).

#43214	M/W	11/19-12/12
5:20-6:20pm	Lindsley	\$34R/\$41NR



**Take care of yourself
first and you'll take
better care of others!**

Fitness Classes

Fundamental Tai Chi

Although it is a formidable martial art, Tai Chi is more often practiced for exercise, relaxation, and numerous health benefits. Often referred to as "moving meditation," its movements are based on coordination of the mind, inner body and outer body. This course focuses on the first portion of the popular Yang-Style Tai Chi "Short Form." **Held at Renton Senior Activity Center. No class November 12.**

#43178 M 9/24-12/3
6:30-7:30pm Ewing \$52R/\$62NR

Continuing Tai Chi

Learn the remaining movements of the Yang-Style Tai Chi "Short Form" and further refine the basic principles. Completion of "Fundamental Tai Chi" or instructor permission are required. **Held at Renton Senior Activity Center. No class November 12.**

#43179 M 9/24-12/3
7:45-8:45pm Ewing \$52R/\$62NR

Tai Chi Energentics *New*

Bring more life, energy, and understanding to your Tai Chi with a basic understanding of the martial arts applications of the movements and how these principals can be used in everyday lives, relationships and interactions. This workshop is appropriate for anyone with previous Tai Chi experience. **Held at Renton Senior Activity Center.**

#43180 M 12/10
6:30-8:00pm Ewing \$15R/\$18NR

Introduction to *New* Push Hands

It is said that one cannot truly experience the essence of Tai Chi without learning the fundamentals of Push Hands (Tui-Shou). This is a gentle exchange of energy between two people using the Tai Chi principles of softness, sensing, yielding, and neutralization. This workshop is taught in a positive environment, appropriate for anyone with previous Tai Chi experience. **Held at Renton Senior Activity Center.**

#43181 M 12/17
6:30-8:45pm Ewing \$20R/\$24NR

Nia

The Nia Technique is everything you could want in an exercise class, coupled with all the joy, love, and self-expression you want in your life. Blending dance, martial arts, and healing awareness, certified Nia white belt instructor Jackie Walsh will help you enliven and connect your mind, body, and spirit. Create physical fitness by moving naturally, powerfully, and mindfully. This exciting class will change your body and life! All fitness levels are welcome. Drop-ins welcome as space allows (\$10R/\$12NR).

#43198 S 9/8-9/29
#43199 S 10/6-10/27
9:30-10:30am Walsh \$30R/\$36NR

Pilates Mat Class

Pilates to the core! Join group exercise instructor Kristy Guadalupe for this body changing experience. Pilates slims the muscles and develops a long lean look while creating a solid central support system for the body's core. Sticky mat required for class. Drop-ins welcome as space allows (\$10R/\$12NR). **No class November 12.**

#43196 MW 9/10-10/24
#43197 MW 10/29-12/19
7:40-8:40pm Guadalupe \$100R/\$120NR



**Care as much about
your own health as you
do about your child's.**

Pregnancy Fit *New*

Exercise for women in all stages of pregnancy. Enhances endurance and stamina for a great birth experience. Workout includes mild aerobics, stretching, breathing, and relaxation training. Positive thoughts on childbirth discussed each week. Handouts included. **No class October 6 and November 17.**

#43224 S 9/15-10/27
#43225 S 11/3-12/15
10:45-11:45am Petersen \$26R/\$31NR



Outdoor Recreation

Hikes

Hikes are day-long (9:00am-5:00pm) and are led by Dave Perkins, Outdoor Recreation Coordinator. Transportation is provided from the Renton Community Center. Equipment is not provided. Distances are round-trip. Gear list available upon registration. Ages 12 to 17 are allowed on hikes rated a 3.0 or lower when accompanied by an adult.

Trips and Trails Rating System

1=No previous experience required. These are great trips for the first-timers.

2=A bit more climbing is required as these trails feature more elevation gain. Routes may include forest trails, narrow roads, or moderate slope climbing. Participants must be able to walk the same distance as a hike on flat terrain without tiring.

3=Trail climbs considerably and may include unstable footing. Participants should have experience and proper fitness level for this activity.

4=Strong skills and proper fitness level recommended. Large elevation gains. If unsure of your ability, select a lower rated trip so instructor may rate your ability and fitness level.

Naches Peak Loop

This hike runs through the Mount Rainier National Park. There are magnificent views, small ponds, and waterfalls. Distance: 4.5 miles; Elevation gain: 860 feet; Rating: 2.

#43230 S 9/22
9:00am-5:00pm Perkins \$17R/\$20NR

Mount Pilchuck

Located off Mountain Loop Highway, this area was used as a ski area during the 70's and is now a very enjoyable hike with a fire lookout at the top. Distance: 6 miles; Elevation gain: 3100 feet; Rating: 3.

#43231 S 10/6
9:00am-5:00pm Perkins \$17R/\$20NR

Sheep Lake

Located at Chinook Pass on the Pacific Crest Trail, this hike offers great views of alpine meadows, old growth forests, and a beautiful lake. Views of Rainier, St. Helens, and Adams can be seen. Distance: 6 miles; Elevation gain: 1200 feet; Rating: 2.5.

#43232 S 10/13
9:00am-5:00pm Perkins \$17R/\$20NR

Snow Lake

Snow Lake is one of the most popular summer hikes in the state. In the fall, the leaves are turning and the crowds of people are gone. The views of Alpentel Valley shouldn't be missed. Distance: 6 miles; Elevation gain: 1600 feet; Rating: 2.5.

#43233 S 10/20
9:00am-5:00pm Perkins \$17R/\$20NR

Look for snowboarding, cross country skiing, snowshoeing and downhill skiing programs in the Winter/Spring edition of "What's Happening."

50+ Hikes

The Renton Senior Activity Center offers hikes for adults 50 years and older. Prior to registering, continue or start an exercise/walking program that includes hills. Use sound judgment when determining if you are capable of completing the hike. If you have difficulty making that determination, contact Debbie Little, at 425.430.6633 to assist you. It is imperative that you keep a steady pace with an occasional rest stop. If you have not hiked with us before, you must complete a Renton Senior Activity Center Hike Questionnaire prior to registering. Cost includes transportation only from the Renton Senior Activity Center. The 50+ Hike Rating System is listed below.

- 1) Easy paved path or trail, no hills.
- 2) Moderately easy; sometimes paved; some slight hills.
- 3) Some difficult terrain, substantial hills or steps; those with health problems should take caution!
- 4) Difficult terrain; steep hills; poorly maintained path.
- 5) Steep hills; significant elevation gain; advanced hikers only.

Rattlesnake Ledge and Cedar Butte

Leave from the trailhead at Rattlesnake Lake just outside of North Bend and hike to Rattlesnake Ledge in the morning, stop for lunch, and then hike east to Cedar Butte. Please wear hiking boots, dress for the weather, bring a sack lunch, water and a mat. Distance: 6 miles; Elevation gain: 900 feet; Rating: 3.

#42672 T 9/18
9:00am-4:30pm Little \$7R/\$7NR

Redtown and Tradition Lake

Visit two locations in the Issaquah Alps. The morning hike will be out of Redtown, a trailhead on Cougar Mountain. In the afternoon we'll go to Tiger Mountain and hike around the Tradition Lake Plateau. Please wear comfortable hiking boots, dress for the weather, bring a sack lunch, water and a mat. Distance: 7 miles; Elevation gain: 300 feet; Rating: 2.

42673 T 10/16
9:00am-4:00pm Little \$6R/\$6NR

Outdoor Recreation

Recreation Resources

Boating Skills & Seamanship

United States Coast Guard Auxiliary

Keith Harding 425.226.9228

Fishing

Washington State 425.775.1311

Renton Area Pools

Hazen Pool 425.204.4230

Henry Moses Aquatic Center 425.430.6780

Renton District Pool 206.296.4335

Cedar River Salmon Trek

Follow the Salmon Up the Cedar River

Take part in the "Cedar River Salmon Journey" this fall and bring the kids! Come see spawning salmon and learn about them and the Cedar River! Volunteer naturalists will be stationed from 11:00am to 4:00pm on October 13, 20, 21, 27 and 28 and November 3 at Renton Library, Riverview Park, Cavanaugh Pond, and Landsburg Park. Carpool if you can as these sites have limited parking. The Cedar River Salmon Journey is sponsored by the City of Renton, Forum for Lake Washington/Cedar/Sammamish Watershed, King Conservation District, Friends of the Cedar River Watershed, Seattle Aquarium, Seattle Public Utilities, and the U.S. Army Corps of Engineers.

Volunteer Naturalists Needed for Cedar River Salmon Journey

Interested in fish? Good with people? Sign up to be a volunteer naturalist on the Cedar River this fall. Naturalists will receive training from fish and watershed experts in September. Then they'll spend three weekend days along the river, talking to the public about the spawning salmon and the natural and human history of the Cedar River Watershed. Sponsors of the program, now entering its tenth year, include the City of Seattle, City of Renton, Forum for Lake Washington/Cedar/Sammamish Watershed, Friends of the Cedar Watershed, King Conservation District, and U.S. Army Corps of Engineers.

For more information on these programs, call **Charlotte Spang** at 206.245.0143 or email her at naturalists@cedarriver.org. Information is also available on-line at www.cedarriver.org/about/cedarriersalmonjourney.shtml.

Henry Moses Aquatic Center Closes Labor Day

The summer swimming season is coming to a close. Don't miss out on the chance to enjoy the Henry Moses Aquatic Center. All the staff would like to thank the community for a successful fourth season! We encourage you to go to rentonwa.gov and complete the online survey. We look forward to next year!



Try to find the joy in each day!

Outdoor Recreation

Gene Coulon Memorial Beach Park Park Hours

January 1 - April 30	8:00am - 8:00pm
May 1 - May 31	8:00am - 9:00pm
June 1 - September 3	8:00am - 10:00pm
September 4 - September 30	8:00am - 9:00pm
October 1 - December 31	8:00am - 8:00pm

Boat Launch Information & Fees

The boat launch is open 24 hours a day. Fees and schedule subject to change. Overnight boat moorage is not permitted. Day use expires at midnight on the day of purchase. 24-hour use expires midnight the following day.

Day Use

Renton resident	\$5.00
Non-resident	\$10.00

24-Hour Use

Renton resident	\$10.00
Non-resident	\$20.00

Resident Passes: Residents must obtain and display a Renton Resident Pass when paying resident rates. Passes may be obtained free of charge at the Renton Community Center. Proof of Renton residency is required.

Annual Passes: Annual passes are available at the Renton Community Center. Fees are \$60 for non-residents and \$30 for City of Renton residents. Proof of current residency, tow vehicle, and trailer registration required.

Renton Sailing Club

Founded in 1965, the Renton Sailing Club, a non-profit organization, promotes the sport of sailing through sailing classes, races, and recreational sailing at Gene Coulon Memorial Beach Park at the south end of Lake Washington. Membership in the Renton Sailing Club is open to all persons 18 years or older and entitles all members of the immediate family to club privileges. Membership is for a one year period, beginning April 1st and going through March 31st of the following year. There are two membership levels.

For more information, call
Trudy Neumann at 425.277.4205
or visit www.Rentonsailing.org

Intro to Basic Sailing

Ages 9 and up. Patient and skilled staff will teach you to rig and sail a small dinghy, all within a confined area. No experience necessary. Bring a towel and a sense of humor. **Held at Gene Coulon Memorial Beach Park Canoe Launch.**

#42054	W	9/5-9/26
5:00-7:30pm	Bagnell	\$32R/\$38NR

Red Cross Certified - Small Boat Sailing

Ages 10 and up. You'll learn to rig and sail a small dinghy within a confined area. Basic requirements of the American Red Cross Small Boat Sailing certification are covered. No experience necessary. Bring a towel and a sense of humor. Float test required prior to participation. **Held at Gene Coulon Memorial Beach Park Canoe Launch.**

#42058	Th/F	9/6-9/28
5:00-7:30pm	Bagnell	\$80R/\$95NR

America's Boating Course

Ages 12 & up. This eight-hour course is for the recreational boater and provided by the US Coast Guard Auxiliary. It is designed to teach safe and enjoyable boating and satisfies the new boater education requirements for the State of Washington. It also meets the criteria for discounts of most insurance companies. ABC presents information to help boaters avoid problems on the water. Prepare now for enjoyable boating. Supply fee of \$20 paid to instructor. **Held at Renton Community Center.**

#43176	S	9/22
#43373	S	10/20
9:00am-5:00pm		\$7R/\$7NR

Cedar River Boathouse

The Cedar River Boathouse is located on the southern shore of Lake Washington on the Cedar River Trail at 1060 Nishiwaki Lane.

Paddle to Gene Coulon Memorial Beach Park for lunch, travel up the gently flowing Cedar River, or explore the waters around the shoreline homes. View great blue herons, cormorants, egrets, bald eagles, osprey, beaver, muskrats, turtles, and if you're lucky, you'll meet the otters that live on our dock. The Cedar River Boathouse offers canoe and kayak rentals and classes.

December 3 - Holiday Paddle 2007 5:00 - 7:30pm

Ages 11 & up. Meet and our boathouse and paddle to Gene Coulon Memorial Beach Park to see the incredible holiday lights and meet the Christmas Ship as it arrives from Seattle. Bring your own canoe or kayak and join us at no charge. Paddle in a Cascade boat for \$29 plus tax. Appropriate clothing required. Dry Suit rental for \$15.

425.430.0111 or www.canoe-kayak.com

Specialized Recreation

For information, call Sean Claggett at 425.430.6748, or email him at sclaggett@ci.renton.wa.us. The Specialized Recreation brochure "The Buzz" can be viewed online at www.ci.renton.wa.us.

About Our Program

This program is designed for individuals in the Renton area with special needs, including those who have a physical or developmental disability, and provides group leisure and recreational activities. **Pre-registration is required for all programs.**

Club Thursday

Club Thursday is held at the Renton Senior Activity Center from 7:00-8:30pm. Cost: \$25R/\$30NR. Ages 16 & up. Register for class #43192.

September 6 - No program!

September 13 - Karaoke Night - Sing some of your favorite songs.

September 20 - Banana Split Bananza - Join us for an end of the summer banana split celebration.

September 27 - Crazy Hat Dance - Wear an outrageous hat that you have or make one to wear.

October 4 - BINGO Night - You might be the lucky winner!

October 11 - Talent Show - Join us at **Carco Theatre** and be a part of the big show. Sing, dance, or tell a joke and show off that hidden talent.

October 18 - Pumpkin Carving - Paint and decorate a giant pumpkin just in time for Halloween.

October 25 - Ghoulish Groove Costume Party and Dance - Do the Monster Mash and show off your costume.

November 1 - Movie Night - We will vote on what movie to watch and then enjoy one of our favorite films.

November 8 - Pizza and Board Games! - Bring your favorite board games to play and we will enjoy some great pizza at the same time.

November 15 - Turkey Trot Dance! - Celebrate Thanksgiving at this one-of-a-kind dance.

November 22 - No program!

November 29 - Holiday Cookie Decorating! - Get ready to be creative and decorate those holiday cookies.

December 6 - Holiday Card Making! - We'll make some festive holiday cards to send to family and friends.

December 13 - Holiday Party and Dance - Get down and boogie with DJ Randy and sons!

Sports

Ages 8 & up

The Renton Recreation Division offers sports training and competition through Special Olympics. Individual, team, and unified sports are provided. Before participating, athletes must submit a current Special Olympics Washington Application for Participation (AFP) and a Renton Recreation Division Specialized Recreation Information Form.

- ◆ **Cost: \$25R/\$30NR.**
- ◆ **See "The Buzz" for dates, times, and locations.**

Bowling

Bowling cost per week is \$7.50 and includes shoes, ball rentals, and three games (see the Buzz for payment procedures).

- ◆ **Ages 8 to 21.** Hillcrest Bowl (2809 NE Sunset Blvd., Renton) - Saturdays, September 8 through November 10, 12:45 to 3:30pm (**#43182**)
- ◆ **Ages 21 & up.** Skyway Bowl (11819 Renton Ave. S, Seattle) - Saturdays, September 8 through November 10, 12:45 to 3:30pm (**#43183**)

Exciting Excursions

Ages 16 and up. Meet at the Renton Community Center. Fees and times vary. **Cost: \$5R/\$5NR.**

Puyallup Fair

#43184 W 9/12 4:00-10:00pm
#43185 W 9/19 4:00-10:00pm

Fright Fest

#43186 W 10/17 4:00-10:00pm

Movie at Factoria

#43187 F 10/19 4:00-10:00pm

Remlinger Farms

#43188 S 10/20 9:00am-4:00pm

Zoo Lights

#43189 W 12/12 4:00-10:00pm

360 Art

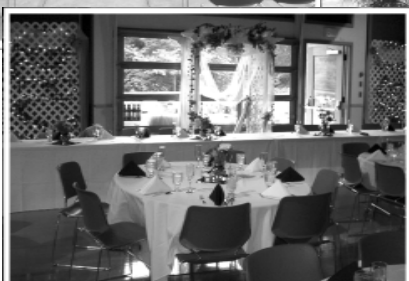
Ages 13 & up. Join Sandra Wallace, professional artist and learn painting and drawing techniques, paper mache, and mosaics...just to name a few! No art experience necessary.

#43190 T 9/25-11/13
6:30-8:00pm \$40R/\$48NR
#43191 F 9/28-11/9
6:30-8:00pm \$35R/\$42NR

Renton Community Center

Need a Meeting Space or Having a Party?

The Renton Community Center is located along the banks of the Cedar River and provides an ideal location for receptions and business meetings. Classrooms, large meeting rooms, and a banquet facility (with full kitchen) are available to accommodate a variety of needs from theater-style seating to banquet-style dining. Additionally, a double gym is available to provide seating for lectures or presentations. Our fully trained staff will see to all of your needs from start to finish.



Monday-Thursday 6:00am-10:00pm
Friday 6:00am-8:00pm
Saturday 8:00am-8:00pm

425.430.6700

Rental Rates

Banquet Room Resident Rates:

Friday (minimum 5 hours) \$375
Saturday (minimum 10 hours) \$750
Sunday (minimum 10 hours) \$750
Monday - Thursday \$65/hour
Kitchen Fee (Monday-Thursday) \$80
Additional weekend hours are \$75/hour

Banquet Room Non-Resident Rates:

Friday (minimum 5 hours) \$450
Saturday (minimum 10 hours) \$900
Sunday (minimum 10 hours) \$900
Monday - Thursday \$80/hour
Kitchen Fee (Monday-Thursday) \$80
Additional weekend hours are \$90/hour

Classroom Rental Rates:

Residents \$20/hour
Non-Residents \$25/hour

Gym Rental Resident Rates:

Available as schedule allows. Reservations can be made 2 weeks in advance except for special event rentals.
Full Gym \$35/hour
Double Gym \$70/hour

Special Event:

Full Gym \$500/day
Double Gym \$1000/day

Gym Rental Non-Resident Rates:

Full Gym \$40/hour
Double Gym \$80/hour

Special Event:

Full Gym \$600/day
Double Gym \$1200/day

The gym is available for special event rentals (trade shows, craft shows, etc.) and requires an additional fee for carpet set-up and take down or special electrical needs. *Note: Special events and other rentals may require insurance at the discretion of the Risk Manager.*

Fitness Passes

Passes are non-transferable, non-refundable. Participants may be required to show picture ID at any time. Passes and fees are listed below and include Washington State sales tax. *Childcare is not provided. Children may not be left unattended.*

	<u>Resident Rate</u>	<u>Non-Resident Rate</u>
One Month Pass		
Student/Senior	\$20.00	\$20.00
Adult	\$25.00	\$30.00
Couples Pass	\$40.00	\$50.00
Family Pass	\$60.00	\$80.00
Three Month Pass		
Student/Senior	\$50.00	\$50.00
Adult	\$62.00	\$75.00
Couples	\$100.00	\$125.00
Six Month Pass		
Student/Senior	\$90.00	\$90.00
Adult	\$112.00	\$135.00
Couples	\$180.00	\$225.00
Racquetball Pass - Eight (8) visits	\$48.00	\$48.00

Day Use Fees

	<u>Resident Rate</u>	<u>Non-Resident Rate</u>	<u>Student/Senior Rate</u>
Aerobics	\$6.00	\$6.00	\$6.00
Shower	\$1.00	\$1.00	\$1.00
Racquetball	\$7.00/hr	\$7.00/hr	\$7.00/hr
Wallyball	\$10.85/hr	\$13.00/hr	\$9.75/hr
*Drop In Activity	\$3.00	\$3.00	\$2.00

*This fee includes the fitness room, badminton, basketball, and volleyball open gyms.

The Student/Senior rate applies to participants 50 & over or 17 & under.

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.



Be consistent!

Carco Theatre

Missoula Children's Theatre

"Jack in the Beanstalk"

April 2008

Missoula Children's Theatre provides young actors and actresses a professional theater experience with heart. Give your child the chance to get on stage with theater professionals from one of the most widely respected children's theater companies in the United States. They do it all: sets, lights, costumes, and make-up. Mark your calendars! Registration information and audition times will be available in the Winter/Spring edition of "What's Happening..." brochure.

Valley Community Players

425.226.5190 - 231-1/2 Main Ave. S. Renton

vcpplayers@hotmail.com or www.valleycommunityplayers.com

Box Office Hours

Wednesday-Friday 2:00-6:00pm
Saturday 1:00-5:00pm
(Performances are Thursday through Sunday)

Blithe Spirit

A Farce by Noel Coward
September 21 - October 7, 2007

An eccentric lady medium summons back Charles Condomine's first wife in a staged seance. She torments Charles by reminding him of their days and nights together. Only Charles can see her but he finally convinces his second wife, Ruth, that she is in the room. The ghost has a plot to get Charles in an automobile accident so that they can be together again. Mistakes happen and it is Ruth who is killed. Both ghostly wives return to plague the utterly bewildered astral bigamist. How does he extricate himself from these two very blithe spirits? Hilarious conclusion!

The Second Time Around

A Comedy by Henry Denker
November 16 - December 2, 2007

Senior citizens Samuel Jonas and Laura Curtis, a widower and a widow, strike up a love affair. When they announce plans to live together without marrying, their children hit the roof even though they were never close to their deceased parent and their own marriages leave a lot to be desired. Is love lovelier the second time around? A charming comedy!

Rental Information

The Carco Theatre, located at 1717 Maple Valley Highway, is a 287-seat facility with many amenities and flexible hours making it suitable for business meetings and seminars. Non-profit rates available. Carco Theatre is wheelchair accessible.

Call 425.430.6706

Community Concerts

Renton City Concert Band - Thursday, December 6 at 7:30pm. The Renton City Concert Band, directed by Michael Simpson, will present a Holiday Music Festival Concert. Tickets are \$7 for adults and \$5 for students/seniors. Held at Renton IKEA Performing Arts Center (400 South 2nd Renton).

Renton Youth Symphony Orchestra Holiday Concert - Sunday, December 16 at 3:00pm. Enjoy this talented group of young musicians as they perform unabridged classical compositions reminiscent of the season. Ticket prices are \$7 for adults and \$5 for students and seniors. Held at Carco Theatre.

Renton Youth Symphony Orchestra

Ages 11 to 21. The Renton Youth Symphony Orchestra offers students an opportunity to perform unabridged classical compositions as a group. Auditions are September 10 at Carco Theatre from 6:30-9:00pm. Call 425.430.6706 for information. If accepted, tuition per quarter is \$75 for residents and \$90 for non-residents. Rehearsals are held Monday evenings from 6:30 to 8:00pm and end with the concert on December 16.

Acting for Adults

Act up, act out, ACT NOW! Learn, develop and sharpen your acting and audition skills in a fun and supportive environment. Experienced or not, this class is designed to meet your needs. Provides performance techniques you'll enjoy using in class and on stage to help create believable characters.
#43092 W 9/19-11/7
10:00am-12:00pm Paasch \$45R/\$54NR

See page 11 for youth acting programs.

Renton Senior Activity Center

About the Center

This drop-in facility offers the opportunity for fun, friendship, health, and socialization through a variety of activities and services for citizens ages 50 and older. We do not provide respite adult day care or services that would normally be provided by a trained attendant, nurse, or personal caregiver. **Pick-up a copy of Golden Opportunities quarterly brochure listing classes, special events, and services for the Renton Senior Activity Center.**

Our Activities

Come be part of the "daily" hub of the Center. The activities listed below will keep you hoppin'.

Ongoing Activities

- ◆ Friday Dinner/Dance (3rd Friday of the month)
- ◆ Bridge
- ◆ Pinochle
- ◆ Mah Jongg
- ◆ Coffee Bar
- ◆ Pool
- ◆ Computer Lab
- ◆ Book Club
- ◆ Bible Study
- ◆ Thursday Afternoon Dance
- ◆ Cribbage

Outdoor/Sport Activities

- ◆ Hikes
- ◆ Walks
- ◆ Bocce Ball
- ◆ Croquet
- ◆ Horseshoes

Day and Overnight Trips

- ◆ For current trip opportunities, pick-up a copy of our Golden Opportunities quarterly brochure.

Special Events

Look for these upcoming events.

- ◆ Friday Night Dinner Dances
- ◆ Holiday Craft Bazaar
- ◆ Breakfast with Santa

Our Classes

The Renton Senior Activity Center offers a wide range of classes for learning, entertainment and creativity.

Lifetime Enrichment

- ◆ Computers
- ◆ Safe Driving
- ◆ Financial Workshops
- ◆ Keyboard

Creative Arts

- ◆ Ceramics
- ◆ Painting
- ◆ Woodcarving
- ◆ Bunka Embroidery
- ◆ Creative Memories
- ◆ Drawing
- ◆ Watercolor
- ◆ Colored Pencil

Dance

- ◆ International Folk Dance
- ◆ Ballroom
- ◆ Mid-Eastern
- ◆ Line Dance
- ◆ Tap
- ◆ Hawaiian Dance

Fitness

- ◆ Tai Chi
- ◆ Strength and Balance
- ◆ Aerobics
- ◆ Senior Fitness Training
- ◆ Low Impact Exercise

Hours

Monday - Friday 9:00am -5:00pm

Staff

Shawn Daly Coordinator
Debbie Little ... Recreation Specialist
Wendy Kirchner Programmer
Patty Wills Programmer
Kathie Svedin Secretary

Bert Feskens Bus Driver
Rosie Warren Bus Driver

211 Burnett Avenue North

425.430.6633

Our Services

The Renton Senior Activity Center offers the following:

Health Services

- ◆ Free Drop-In Health Clinic
- ◆ Low Vision Education Group
- ◆ Free blood pressure checks
- ◆ Hearing Loss Association

Legal Services

- ◆ Free legal information
- ◆ Statewide Health Insurance Benefits Advisor (SHIBA)

Nutrition Program

- ◆ Lunch - Served Monday through Friday 11:00am to 12:00pm. Fee is \$3 per meal or \$5.75 if under 60. For information, call 425.255.7932.

Transportation Services

- ◆ Renton Express - Mini-bus transportation service for those citizens who live in the Renton School District and need to get to the Renton Senior Activity Center.

Computer Programs

- ◆ Stop by and visit our state-of-the-art computer room. This 12-station facility is the perfect environment for the first time user as well as the computer expert. Check out our Golden Opportunities brochure for a complete list of class offerings.

Planning a Party?

The Renton Senior Activity Center, located along the banks of the Cedar River, offers a Banquet Room with a view. Hardwood floors, elegant stage, outside patio and kitchen make this facility the ideal venue.

Senior Rates (60 years and older):

Wednesday/Friday (5-hour min.)
Saturday/Sunday (5-hour min.)
Additional hours

Resident

\$225
\$325
\$75/hour

Non-Resident

\$300
\$400
\$75/hour

Non-Senior Rates:

Friday (5-hour min.)
Saturday/Sunday (10-hour min.)
Additional hours

Resident

\$375
\$750
\$75/hour

Non-Resident

\$450
\$900
\$90/hour

Wednesday/Friday rentals are available after 5:00pm only. **Additional hours are not available on Wednesday.** There is a damage deposit of \$400 for all non-senior events and \$100 for senior events (unless alcohol is served, then the \$400 deposit is required).

Maplewood Golf Course

Fall & Winter Specials

With the holiday season right around the corner, Maplewood Golf Course offers one-stop shopping for all golfers. Check out our fully stocked pro shop and all of our winter golfing specials. Winter golf specials begin November 1. Please call the pro shop for additional details. Don't forget, this is a great time to schedule your company, staff, or family golf tournament. There are fantastic dates available, but they go fast! This is also a great time of year to tune up your game and keep those muscles loose. Check out our golf lesson program.

Golf Course Staff

Kelly Beymer	Golf Course Manager
Kathy Ruff	Golf Course Operations Specialist
Mike Toll	PGA Head Professional
Tom Walther	Assistant Professional
Kirk Gleason	PGA Apprentice
Steve Meyers	Golf Course Supervisor
Pete Frigard	Lead Golf Course Worker
Dave VanSantford	Equipment Mechanic
Greg Haake	Golf Course Maintenance Worker

Green Fees

Through October 2007

18 Holes	
Weekday (Monday-Thursday) ..	\$28.00
Weekend (Friday-Sunday)	\$32.00

9 Holes	
Daily	\$19.00
Third Nine	\$11.00

Junior Rates (Monday-Thursday only)	
18 Holes	\$16.00
9 Holes	\$12.00

Senior Rates (Monday-Thursday only)	
18 Holes	\$19.00
9 Holes	\$13.00

Effective November 1, 2007

18 Holes	
Weekday (Monday-Friday)	\$19.00
Weekend (Saturday -Sunday)...	\$28.00

9 Holes	
Daily	\$19.00
Third Nine	\$11.00

Junior Rates (Monday-Friday)	
18 Hole Round	\$12.00
9 Hole Round	\$12.00
Add Nine	\$3.00

Senior Rates (Monday-Friday only)	
18 Hole Round	\$13.00
9 Hole Round	\$13.00
Add Nine	\$4.00

Classes & Lessons

Private	
Full Hour	\$60.00
Half Hour	\$40.00

Series of Four	
Full Hour	\$220.00
Half Hour	\$140.00

Two People	
Full Hour	\$60.00

Three People	
Full Hour	\$75.00

Group	
Series of four (4) one-hour classes	
4-6 People	\$90.00

Juniors (17 & under)	
Half Hour	\$20.00

Playing Lesson	
Four Holes	\$50.00
Nine Holes	\$100.00

Rentals

Through October 2007

Power Carts	
18 Holes	\$24.00
9 Holes	\$14.00
Trail Fee	\$8.00

Pull Carts	
18 Holes	\$4.00
9 Holes	\$2.50

Club Rentals	
Full Set	\$10.00

Effective November 1, 2007

Power Cart	
9 Holes	\$7.00/seat
18 Holes	\$10.00/seat

425.430.6800

The Course

Voted "Best Public Golf Course" four years in a row from the "Readers Choice Award" of the King County Journal, Maplewood Golf Course is challenging and fun for all players. This par 72 course plays to just over 6,100 yards from the back tees. With ponds, traps, creeks, tree-lined fairways, and firm fast greens, solid ball striking and course management is a must. Our continued sanding program of fairways and tees, and our professional and friendly golf course staff keep Maplewood in great shape year round.

Tee times are accepted one week in advance. Being one of the busiest courses in the Seattle area, it is strongly recommended that you call to book a tee time as early as possible.

Course Yardage

Blue Tees	6,117 yards
White Tees	5,698 yards
Red Tees	5,155 yards

Driving Range

Maplewood's 30-station driving range is open daily. For more information on hours and instructional programs, call 425.430.6800.

Large Bucket (60-70 balls)	\$6.00
Small Bucket (30-35 balls)	\$4.00
Discounted driving range programs available.	

Pro Shop

At our full-service pro shop, you will find a wide variety of attire and equipment. If you do not see what you are looking for, let us know and we will special order it for you. Please come in and give us the opportunity to show you why we have been voted "Best Public Golf Course" for four consecutive years.



Special!

November '07 to
February '08
\$13 after 1:00pm
7 days a week!



Renton Public Libraries



Operating Hours

Renton Public Library
100 Mill Avenue South
425.430.6610

Monday - Thursday 10:00am-9:00pm
Friday & Saturday 10:00am-6:00pm
Sunday Closed

Highlands Library
2902 NE 12th Street
425.430.6790

Monday - Thursday 10:00am-7:00pm
Saturday 10:00am-4:00pm
Friday & Sunday Closed



**Read aloud
with your child.**

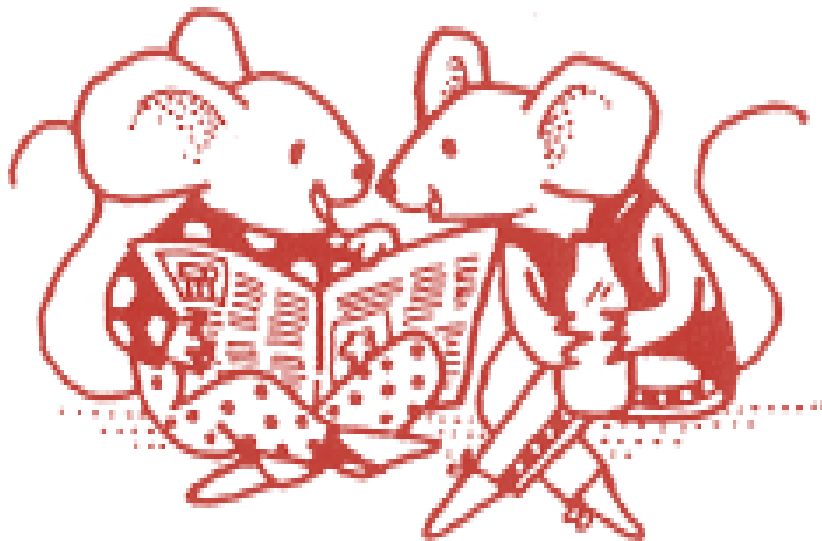
Renton Public Library proudly presents

Fall Storytimes

Share a new theme each week with your child. Enjoy the best in literature for younger children, as well as music and fingerplays.

Highlands Library
2902 NE 12th Street
Tuesdays at 10:00am
September 18 to December 11, 2007

Renton Public Library
100 Mill Avenue South
Wednesdays at 10:00am
September 19 to December 12, 2007



Sleepytime Storytime

Come in your pajamas, bring a favorite stuffed animal or a blanket and we will read bedtime stories to you.

Renton Public Library
Mondays at 7:00pm
September 17 to December 10, 2007



Special Events

Trick or Treat!

Monday, October 29, 2007
at 7:00pm

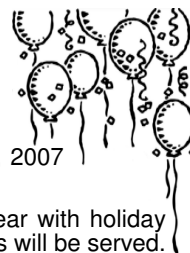
Celebrate the Halloween Season with us! Come in your costume and enjoy stories and treats!



A Season of Caring

Monday, December 10, 2007
at 7:00pm

Celebrate this joyous time of year with holiday stories and songs. Refreshments will be served.



Renton History Museum

Fall 2007 Speaker Program

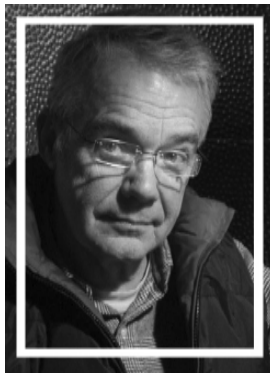
Please join us at the Renton History Museum for our fall program series. Programs are free with regular museum admission and always free for members.

Youth and Adult Program, second Tuesday of the month.
Audience: high school through adult

September 11 at 4:30pm - Dr. Resat Kasaba, *U.S. and the World Since September 11, 2001*. Dr. Resat Kasaba, author, Professor of International Studies at University of Washington and co-founder of the new University of Washington Center on Ethnic Conflict and Conflict Resolution, provides a thoughtful analysis of the September 11, 2001, attacks. He suggests that greater adaptation to the new world is necessary on the part of all nations. "Wealthy states will have to reach out to the sea of poverty... and all nations should strive for a global civil society."

October 9 at 4:30pm - Barry Herem, *Totemic Impressions*. Art historian Barry Herem returns by popular demand for his third lecture at the museum. In this colorful and entertaining slide lecture, audiences will see the compelling work of native artists of the Pacific Northwest Coast—their riveting histories and tribal mythologies—and learn how the classic forms and design elements of Northwest Coast natives are being made modern.

November 13 at 4:30pm - Karen Haas, *Tales from the Times of Lewis and Clark*. Imagine the excitement when the Lewis and Clark's Corps of Discovery returned safely to St. Louis in September of 1806! Dressed in the clothing of the era, Karen Haas portrays Mrs. Calvin Adams, wife of a St. Louis tavern keeper, who is eager to share the latest stories and gossip heard around town. The program shows how major events shape the lives of everyday people.



Family Program, second Saturday of the month.
Audience: elementary through adult

October 13 at 11:00am - Roger Fernandes, *Creations of the First People*. The Native tribes of the Puget Sound and western Washington tell many mythic stories that address the questions of creation, how human beings came to be, the meaning of our existence, and the challenges that confront us as humans. Roger Fernandes shares the art of the First People in addition to their stories and myths. He shows slides of traditional Salish art and shares stories that inform the designs.



November 10 at 11:00am - Peter J. Fromm, *Whale Tales: Human Interactions with Whales*. Humans have expressed their fascination with whales throughout history, from Stone Age petroglyphs to present-day whale watching. Since 1994, naturalist Peter Fromm has been documenting human encounters with these amazing creatures. He shares these stories of human/whale interaction in a slide and video presentation, and asks the audience to relate their own experiences with whales.

December 8 at 11:00 am - Allan Hirsch, *American Legends in Story and Songs*. As a person deeply rooted in oral tradition, Allan Hirsch has collected and mastered many songs and stories that are based in American history and folklore. As a singer and balladeer, he offers the tales of Washington Irving and Nathaniel Hawthorne, as well as the unknown sources of folktales and folklore. This program includes songs sung by slaves, protest songs, worker's songs, cowboy songs, humorous songs, animal songs, and many more.



425.255.2330

General Information

Elizabeth Stewart... Museum Manager

Located at 235 Mill Avenue South in Renton, the Renton History Museum is open Tuesday through Saturday, 10:00am to 4:00pm, except holidays.

Admission

Adults: \$3.00
Children over 7: \$1.00

Renton Historical Society members are admitted free. Guided tours for groups over ten in number are available with advanced registration for \$2 per person. Admission is free to the public on the first and third Saturday of each month.

Tours

Renton History Museum offers tours by appointment for groups of children, including camp and daycare groups. We provide age-appropriate tours that include such hands-on activities as butter-making, handling coal, washing clothes on a washboard, beating rugs, etc. Minimum size of the group is 10 people. Cost is always \$2 per person. To reserve a tour, please call 425.255.2330 at least two weeks in advance.

New Free Tours

Starting in October, the Renton History Museum is offering free museum tours at 11:00 am on the third Saturday of each month. Everybody is welcome to attend the tours. If your group will have more than five people, please call the museum the Friday before at 425.255.2330. Otherwise, no reservation is necessary. Tour dates are listed below.

October 20
November 17
December 15
January 19
February 16
March 15

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

New to Renton's Parks

Renton Opens New Park

Heritage Park, located at 233 Union Avenue NE, was officially dedicated June 16, 2007. Identified as a top priority in 1993 as part of the City of Renton's Long Range Parks, Recreation and Open Space Plan, the 9.1 acre park was designed to create a place for children, families, and the community to play, learn and gather.



Designed by J.A. Brennan and Associates, the park features a children's playground, trails, climbing boulders, forested areas, a multi-purpose playfield, a picnic shelter, restrooms, and an educational kiosk.

The educational kiosk will feature photos of the original homesteads that once occupied the current park land and history of the surrounding community and its residents. The use of kiosks could become a model for new park developments as they provide an opportunity through history to root the park more deeply in the community.

In addition to support from the City of Renton, extensive community involvement was needed to complete the project. A \$15,000 grant and volunteer time from

Starbucks, a volunteer trailer and tools "Tools on Wheels" donated by McLendon Hardware, and over 975 hours of time contributed by volunteers helped create this neighborhood park that meets the needs of the community while celebrating its history.

We hope you will take time to visit this park and the many other parks, facilities, and trails provided and maintained by the City of Renton. You can visit the city website at rentonwa.gov for more information. Enjoy!



Tiffany Park Grand Opening

Saturday, September 29 - 11:00am to 1:00pm



Join us from 11:00am to 1:00pm at the unveiling of Tiffany Park's new activity building. Children's activities and food will be provided. Official dedication ceremony begins at 11:30am. Tiffany Park is located at 1902 Lake Youngs Way SE. For more information, call 425.430.6700 or visit rentonwa.gov.

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Parks and Facilities



Community Services Administration
1055 South Grady Way
Phone: 425.430.6600
Hours: M-F 8:00am - 5:00pm

Burnett Linear Park
502 Burnett Avenue South

Carco Theatre
1717 Maple Valley Highway

Cedar River Boathouse
1060 Nishiwaki Lane

Cedar River Park
1717 Maple Valley Highway

Cedar River Trail
From Lake Wa. to Jones Road

Earlington Park
272 Thomas Avenue SW

Gene Coulon Beach Park
1201 Lake Washington Blvd. North

Glencoe Park
444 NE 24th Street

Henry Moses Aquatic Center
1719 Maple Valley Highway

Heritage Park
233 Union Avenue NE

Highlands Elementary School
2727 NE 9th Street

Highlands Library
2902 NE 12th

Highlands Neighborhood Center
800 Edmonds Avenue NE

Jones Park
Wells Ave. So. at Cedar River

Kennydale Beach Park
Lk. Wa. Blvd. @ North 36th St.

Kennydale Lions Park
2428 Aberdeen Avenue NE

Kiwanis Bicentennial Air Park
260 Rainier Ave. N.

Kiwanis Park
815 Union Avenue NE

Lake Street Park
1511 Lake Avenue South

Liberty Park
Bronson Way N. & Houser Way S.

Liberty Park Community Building
1101 Bronson Way North

Maplewood Golf Course
4050 Maple Valley Highway

Maplewood Park
3400 SE 6th Street

Maplewood Roadside Park
3201 Maple Valley Highway

McKnight Middle School
1200 Edmonds Avenue NE

Nelsen Middle School
2403 Jones Avenue South

North Highlands Neighborhood Center
3000 NE 16th Street

Paws-Abilities (Tukwila)
1007 Industry Drive. Building #33

Philip Arnold Park
720 Jones Avenue South

Renton Community Center
1715 Maple Valley Highway

Renton Greenhouse
101 Williams Avenue North

Renton Public Library
100 Mill Avenue South

Renton Senior Activity Center
211 Burnett Avenue North

Ron Regis Park
Jones Road & Maple Valley Highway

Riverview Park
2901 Maple Valley Highway

Sierra Heights Elementary School
9901 132nd Avenue SE

Sunset Court Park
1150 Harrington Avenue NE

Talbot Hill Elementary School
2300 Talbot Road South

Talbot Hill Reservoir Park
710 South 19th Street

Thomas Teasdale Park
601 South 23rd

Tiffany Park
1902 Lake Youngs Way SE

Tiffany Park Elementary School
1601 Lake Youngs Way SE

Tonkins Park
399 Williams Ave. So.

Windsor Hill Park
432 Windsor Way NE



Human Services

Ten Tips to a Safer, Warmer Winter

For more details, please visit the HRAP homepage at the City of Renton website, rentonwa.gov, at Living: Home and Property. A link to Seasonal Home Maintenance Tips is in the left-hand column.

Exterior

- ◆ Remove excess leaves and damaged branches surrounding the house.
- ◆ Maintain gutters.
- ◆ Inspect the roof.
- ◆ Inspect exterior walls, doors, and windows.
- ◆ Maintain steps and handrails.
- ◆ Shut down sprinkler systems and outside faucets.

Interior

- ◆ Check the heating system.
- ◆ Change furnace filters.
- ◆ Have the chimney inspected by a qualified chimney professional.
- ◆ Test fire alarms, smoke detectors, and carbon monoxide detectors.

Thanksgiving Dinner at St. Anthony's Church

You are invited to join other Renton residents at St. Anthony's Church (416 S. Fourth, Renton) for a Thanksgiving Day Dinner, November 22 at 2:00pm. It is for those who want to be with other people in a non-threatening, family style, friendly environment. Those new to the area, recently divorced, experiencing loneliness and families with children are all welcome. Donations are accepted but not required. Sponsored by REACH (Renton Ecumenical Association of Churches). Volunteers and entertainment come from member churches but no religious affiliation is required.

Adopt-A-Family for the holidays from the Salvation Army

The Renton Salvation Army will take applications for holiday assistance from November 26 to December 10, 2007. The Adopt-A-Family Program is part of their assistance program where companies and/or individuals wishing to help a family during the holidays are matched up with one or more of the applicants. The Salvation Army asks sponsors to provide dinner (preferably a gift certificate to a grocery store) and at least two new gifts per child. Donors deliver the items to The Salvation Army office, 720 South Tobin Street, Renton. The families will pick up their gifts during the week of December 17th.


In addition, the Salvation Army has a Giving Tree Program. You may request tags from the tree that are labeled with the child's first name, size, and an item or two they would like. Giving Trees are located at Renton City Hall (1055 South Grady Way) and the Renton Community Center (1715 Maple Valley Highway).

If you would like to sign up for this program, or donate or volunteer, please call 425.255.5969.

Staff

Karen Bergsvik Human Services Manager
Dianne Utecht CDBG Contract Specialist
Tim Lawless Housing Repair Coordinator
Lynn Rothlisberger Maintenance Worker

425.430.6650



Ready
Prepare. Plan. Stay Informed.

Are You Ready?

September is National Preparedness Month. Take a few minutes and learn how to prepare your household for a variety of natural and human-caused emergencies. Call 425.430.7027 or visit rentonwa.gov.

Time for Fall Closet Cleaning!

Clothing donations are greatly appreciated at the Renton Clothes Bank, located at 1025 S. 3rd Street in Renton. They accept clean, wearable clothing Monday through Thursday from 2:00pm until 4:45pm. Bring your donations to the back door - just knock! The Clothes Bank provides no-cost clothing to clients with referrals to show need.

Do you have women's professional clothes to donate?

Washington Women's Employment and Education (WWEE) is celebrating its 25th anniversary of helping families break the cycle of poverty and become self-sufficient. One of their programs provides interview-appropriate clothing free of charge to current and past WWEE clients. If you have freshly laundered or dry cleaned, gently-used interview-appropriate clothes that you are no longer using, please consider making a tax deductible donation. Needs include: Plus-size clothing (size 16 and above); pants, skirts, and jackets in solid colors; blouses; accessories such as scarves, jewelry, shoes, and handbags; and new pantyhose.

WWEE also values donations of office supplies and classroom supplies. Please call 253.859.3718 for further information.

Volunteer Opportunities

Got Time? Make A Difference...

Renton Community Services Programs offer a large variety of volunteer opportunities in which you or your organization can become involved. These range from one-time events to ongoing year-round or seasonal programs. Our volunteers have the opportunity to make a difference in our community while meeting new people and becoming familiar with programs, and a park system that renews and refreshes, all who participate.

If you'd like to donate your time, or, if you have a group of volunteers, please contact Community Services at 425-430-6600, or one of the following volunteer program coordinators:

Parks

Bonnie Rerecich at 425-430-6600 or Brerecich@ci.renton.wa.us

Housing Repair Assistance

Tim Lawless at 425-430-6653 or Tlawless@ci.renton.wa.us

Carco Theater

Vincent Orduna at 425-430-6706 or Vorduna@ci.renton.wa.us

Facilities

Dennis Conte at 425-430-6643 or Dconte@ci.renton.wa.us

Renton Public Libraries

Aaron Oesting at 425-430-6830 or Aoesting@ci.renton.wa.us

Renton History Museum

Dorota Rahn at 425-255-2330 or Drahn@ci.renton.wa.us

Recreation Programs

Kris Stimpson at 425-430-6700 or Kstimpson@ci.renton.wa.us

Special Events

Shirley Anderson at 425-430-6700 or Sanderson@ci.renton.wa.us

Renton River Days and 4th of July

Sonja Mejlaender at 425-430-6514 or Smejlaender@ci.renton.wa.us

Renton Senior Activity Center

Shawn Daly at 425-430-6633 or Sdaly@ci.renton.wa.us

Specialized Recreation

Sean Claggett at 425-430-6700 Sclaggett@ci.renton.wa.us

Youth Athletics

Donna Eken at 425-430-6700 or Deken@ci.renton.wa.us

For additional information on volunteer opportunities with the City of Renton, or other community programs, visit our website at rentonwa.gov and type in volunteer.

TEAM-UP with us!

Sponsoring Community Services Programs is a great way to make a difference in our community. By teaming up with the City of Renton and becoming a sponsor you will serve a vital role in the City of Renton Community Services Department's mission to promote and support a more livable community. Our programs have the unique ability to reach your target audience in a way nothing else can. There are opportunities to sponsor activities for all ages, and in many different areas of interests from the theater and the arts to athletic teams and youth programs. We are more than willing to work with you to find a sponsorship opportunity that fits perfectly with your interests and goals.

We currently have TEAM-UP sponsorship opportunities available for...

The Arts

Sports Programs

Special Events

Specialized Recreation

Senior Programs

**For more information, contact
Bonnie Rerecich at 425.430.6600.**

Our Tools Have Wheels!

Thanks to McLendon Hardware, we now have a volunteer trailer full of tools to take to our volunteer projects! If you haven't already seen the trailer, you probably will soon. It's been making its way around town and the tools have been getting used. Thanks to our volunteers, a lot of great work has been done so far this year!

How can you get involved?

If you have a business or organization, or even a motivated group of friends that would be interested in partnering with the City for a volunteer project, contact **Bonnie Rerecich at 425.430.6600.**



Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Sign Me Up!

Resident Policy

Addresses within the greater Renton area do not accurately indicate whether or not a household and/or business is located within Renton City limits or unincorporated King County. If your address conforms to the examples below, you live inside the Renton City limits.

- Have a four digit or less house number and a one or two digit street address. For example, 1234 SE 4th Street, Renton.
- Have a four digit or less house number and a street name. For example, 1234 Main Avenue S., Renton.
- Have a five digit house number and were annexed by the City of Renton after August 25, 2006.

Disclaimer

The classes and workshops offered in this brochure are designed to be useful and informative. We do not endorse any products or programs that are presented. It is the individual's responsibility to make informed decisions regarding these issues.

Scholarships

Scholarships are available for some classes or programs but scholarship funds are limited. For more information, please call 425.430.6718.

ADA Accommodations

Most City of Renton facilities are wheelchair accessible. The City of Renton provides reasonable accommodations for those with disabilities. American Sign Language (ASL) interpreter available upon request. For this or other assistance, please call two weeks in advance: 711(TDD) or 425.430.6700.



"The Renton School District does not sponsor, endorse, or recommend any of the organizations, services, or activities described in this information. This information is provided solely for the convenience of our students and parents to assist in their review of the safety and suitability of such organizations, services and activities."

Registration Dates

City of Renton residents only:
Tuesday, August 28, 2007

Open registration begins:
Thursday, August 30, 2007

- Registration hours are 7:00am to 7:00pm, Monday through Friday, and 8:00am to 5:00pm on Saturday. Registrations not received during registration hours will be processed the following day.
- Mail-In/Fax-In registrations received before registration is open to the general public will be processed after 12:00pm on August 30. Walk-in registrations have first priority.
- Participants under the age of 18 must have parent/guardian consent to participate.
- Snacks and/or refreshments may be served at some programs. A portion of the registration fees may be used to purchase supplies and/or snacks.
- Pre-registration is required for all classes unless otherwise noted.
- All classes are held at the **Renton Community Center** unless otherwise noted. Site locations can be found under Parks and Facilities.
- Fees include Washington State sales tax where applicable.
- This class schedule is published for informational purposes only and are subject to change without notice. Every effort is made to ensure accuracy at the time of publication.
- **Don't hesitate. Register early to ensure that the program you desire isn't filled or canceled due to below minimum enrollment.**
- Supply fees are additional fees paid directly to the instructor for items not included in the class fee or provided by the City of Renton Community Services Department.

Registration Confirmations

To save processing costs, the City of Renton does not send receipts or confirmations. Please keep a record of the dates and times for classes in which you enroll. You will be notified if there is a problem with your individual registration or if a class has been filled, canceled, or rescheduled.

Satisfaction Guarantee

- Full refunds will be made for any program canceled by the City of Renton.
- To be eligible for a refund, a **written request** must be received at least five working days prior to the start of the program. The refunded amount will be the class fee less a \$3 administrative fee.
- No refunds will be issued to athletic teams, for league play or tournament play, if the request is made after schedules have been completed.
- Picnic shelter cancellations must be made at least two (2) weeks in advance of the reservation date to be eligible for a refund. The amount refunded will be the reservation fee less a \$5 cancellation fee.
- All other refunds will be determined on a case-by-case basis.
- If your original payment method was cash or check, you will be issued a check through our Finance Department in approximately four to six weeks.

Inclement Weather

In the case of inclement weather (i.e., snow, flooding, heavy winds), Renton School District procedures will be followed. If Renton schools are closed, all City of Renton Recreation classes and activities will be cancelled. If schools are two hours late, all classes and activities scheduled to begin before 11:00am will be cancelled. All others will be held as scheduled. If the Renton School District is one hour late or has announced limited transportation, all classes and activities will be held as scheduled. If an evening or weekend class is in question, please call 425.430.6700.

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Sign Me Up!

Six Easy Ways to Register



Walk-In

Renton Community Center, 1715 Maple Valley Highway, Renton, WA 98057.
Monday-Friday: 7:00am to 7:00pm, and Saturday: 8:00am to 5:00pm.



Fax-In or Mail-In

Complete the registration form and include Visa or MasterCard number, expiration date, and card holder signature. Fax to Renton Community Center at **425.430.6701** during regular business hours, or mail to **City of Renton Community Center, 1715 Maple Valley Highway, Renton, WA 98057.**

Person-to-Person Phone-In

Person-to-person phone-in registration is available Monday through Friday, 11:00am to 3:00pm beginning **Thursday, September 13, 2007.** Please have registration information and credit card ready. **Call 425.430.6700.**

Touch-Tone



or Internet Registration

Cyber Sign-Up and Fast Phone-In are available 24 hours a day and allows you to view courses, register, and view your account information. To use Cyber Sign-Up go to www.cybersignup.org or visit the City's website at rentonwa.gov. To use the touch-tone system, call **425.430.6729**. For both methods you will need the following:

- Participant barcode
- Family PIN
- Program course number
- Valid Visa or MasterCard number and expiration date

Please Print

Please make checks payable to City of Renton. Notification will be made only if classes are canceled.

Adult: Last Name: _____ First Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Participant's Name	Birthdate	Sex	Course #	Course Name	Fee	If course not available, course # of alternative.
Total:						

Being fully informed as to these risks, and in consideration of my being allowed to participate in City sponsored activities and/or use of City facilities, I hereby assume all risk of injury, damage, and harm to myself arising from such activities or use. I also hereby individually, and on behalf of my heirs, executors, and assigns, release and hold harmless the City of Renton, its officials, employees, and agents, and waive any right of recovery that I might have to bring a claim or a lawsuit against them for any personal injury, death, or other consequences occurring to me arising out of my voluntary participation in this activity. I hereby give permission to the City of Renton and the Recreation Division to use any photos taken during this activity, which might include me or my child (children), in publications promoting programs or activities within the City. Parent or guardian must sign if participant is a minor.

Signature _____ Date: _____

CASH	<input type="checkbox"/>	CHECK	<input type="checkbox"/>
CHECK/MONEY ORDER # _____			
	<input type="checkbox"/>		<input type="checkbox"/>
# _____			
EXPIRATION DATE: _____			
DATE: _____			
BY: _____			

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.



Canine Candy Cane 5K Fun Run & Walk

December 2 - This run/walk will start at 9:00am at the Renton Community Center and travel along the Cedar River Trail before looping back to the Community Center. Competitive runners, fun runners, walkers, junior athletes, and families (with or without dogs) are all invited to be part of the Canine Candy Cane Fun Run & Walk. Free, after-race pictures with Santa will also be available. Pre-registration is **\$20** (includes t-shirt). Race day registration is **\$25** (not-shirt guaranteed). Registration must be postmarked by November 24. **Pet Food Drive:** Bring a can of pet food to be donated to the Renton Food Bank to help the pets of those in need. Class #43174.

Special thanks to our co-sponsors



FAIRWOOD PHYSICAL THERAPY
Since 1992
Therapeutic Associates
425-272-0252

FLEET FEET
Sports
BONNEY LAKE

Renton Recreation Division
1715 Maple Valley Highway
Renton, WA 98057

PRSRT STD
US POSTAGE
PAID
RENTON, WA
PERMIT NO. 137

Hassle Free Holiday Bazaar

**Friday, November 16
and Saturday, November 17**

**For vendor information, call
Shirley Anderson
at 425.430.6700.**

For details, see page 4.

Postal Customer